





## ONLINE PHYSICAL ACTIVITY DETAILS:



June 2025

\*All Times are in PST

### Legend:

-  Live Event
-  Good Cardio
-  Low Intensity
-  With Subscription

### New for February!

- \*  **Charity Challenge Roll N'Stroll**  — Come support SCI BC & go for a roll (Check out different dates & location across the month below)
  - \* **Gathering Strength Classes** — Running April 14<sup>th</sup> – June 18<sup>th</sup>
  - \* **No More PARC Virtual Spin Classes** — Live Spin Classes still on at PARC Gym (Thursdays - 1:15-2:00pm & Fridays – 2:00-3:00pm).
  - \* **BORP Virtual Classes** are back!!!
  - \* **BORP Classes** — Have a week free trial, then you need a subscription  
—> Subscription info here <https://borp.app.neoncrm.com/forms/borp-participant-membership-form->
- 




## LIVE Events:

 **Charity Challenge Roll N'Stroll** 




Website: <https://sci-bc.ca/event-directory/monthly/>

### Time, Location & Team Captain:

#### Abbotsford:

 **Sunday, June 1<sup>st</sup> 1:00-2:30pm**  Rob Bitz (team captain)  
 [Mill Lake Park—2310 Emerson St, Abbotsford](#)

#### Surrey:

 **Sunday, June 8<sup>th</sup> 1:00-2:30pm**  Rob Bitz (team captain)  
 [Bear Creek Park, 13750 – 88 Ave, Surrey](#)

#### Tri-Cities:

 **Sunday, June 15<sup>th</sup> 2:00-4:00pm**  Agasha Mutesasira (team captain)  
 [Town Center Park, 1299 Pinetree Way, Coquitlam](#)

#### North Shore:

 **Saturday, June 21<sup>st</sup> 1:00-2:30pm**  Peter Chisholm (team captain)

 Ambleside Park, 1150 Marine Dr, West Vancouver

**Victoria (Vancouver Island):**

 **Saturday, June 21<sup>st</sup> 1:00-3:00pm**  Scott Heron (team captain)



 Ogden Point, 189 Dallas Rd, Victoria

**Vancouver:**

 **Sunday, June 22<sup>nd</sup> 9:00am-12:00pm**  Marta Pawlik (team captain)

 UBC (NW Marine Dr & Agronomy Rd), Vancouver

**Nanaimo (Vancouver Island):**

 **Sunday, June 22<sup>nd</sup> 12:00pm-2:00pm**  Bert Abbott (team captain)

 Maffeo Sutton Park, 100 Comox Rd, Nanaimo

**Kelowna:**

 **Sunday, June 22<sup>nd</sup> 1:00-2:30pm**  Scotty James (team captain)

 Waterfont Park/Dolphin Statue,) 1200 Water St, Downtown Kelowna

**Prince George:**

 **Sunday, June 22<sup>nd</sup> 2:00-3:00pm**  Brandy Stiles

 Lheidli T'enneh Memorial Park, 110 17<sup>th</sup> Ave, Prince George

**Description:**

***Join us to roll, stroll and support Spinal Cord Injury BC in Abbotsford!***

The Charity Challenge is Spinal Cord Injury BC (SCI BC)'s largest fundraising event— this will be our 13th year of racing and we are so excited to be back! Your support helps fund local events and resources for people with SCI and physical disabilities, including peer meet-ups, BBQs, holiday parties and more.


Whether you're helping to raise funds or just want to cheer on the team, join us for a 5 km Roll n' Stroll at your preferred time & location above. Family and friends welcome! And of course, we'll celebrate afterward with an ice cream treat.

**ROLL N' STROLL RSVP: Contact Team Captain:**

 Rob Bitz: [rbitz@sci-bc.ca](mailto:rbitz@sci-bc.ca) or 1(604)500-2900

 Agasha Mutesasira: [amutesasira@sci-bc.ca](mailto:amutesasira@sci-bc.ca)


 Peter Chisholm: [pchisholm@sci-bc.ca](mailto:pchisholm@sci-bc.ca)

 Scott Heron: [sheron@sci-bc.ca](mailto:sheron@sci-bc.ca)

 Bert Abbott: [babbott@sci-bc.ca](mailto:babbott@sci-bc.ca)

 Marta Pawlik: [mpawlik@sci-bc.ca](mailto:mpawlik@sci-bc.ca)

 Scott James: [sjames@sci-bc.ca](mailto:sjames@sci-bc.ca)

 Brandy Stiles: [bstiles@sci-bc.ca](mailto:bstiles@sci-bc.ca)

**SIGN UP & RAISE FUNDS:** Contact Krystyna at [kpangilinan@sci-bc.ca](mailto:kpangilinan@sci-bc.ca)

**MAKE A DONATION:** Go to [sci-bc.ca/TeamFraserValley](https://sci-bc.ca/TeamFraserValley)

## **Kayaking in Victoria**

Website: <https://sci-bc.ca/event-directory/monthly/>

Organizer: Scott Heron

### Time & Locations:

 **Saturday, June 7<sup>th</sup> 9:30am-3:30pm**

 **Victoria** - Power to Be Site on Prospect Lake, 4633 Prospect Lake Rd.

### Description:

***Make waves and enjoy kayaking and a picnic with SCI BC and Power To Be!***

### **What to Bring**

- Your family
- Picnic lunch and water
- Lawn chairs
- Weather appropriate clothing (be ready for rain or sun)
- Sunscreen, hat, glasses
- Enthusiasm and fun!

We will provide light snacks and refreshments.

### **Schedule**

9:30 – 10:30 am: Arrive at Power To Be site

10:30 – 11 am: Load & transfer

11 am – 12:30 pm: Group 1 kayak

12:30 – 1 pm: Lunch

1 – 1:30 pm: Load & transfer

1:30 – 3 pm: Group 2 kayak

3 – 3:30 pm: Unload & transfer

3:30 – 4 pm: Wrap-up

### **Registration**

To register, please contact Scott at [sheron@sci-bc.ca](mailto:sheron@sci-bc.ca).

Space is limited (10 people per group). Peers with disabilities will be prioritized for kayaking spots, however we aim to include children and family members. If you are not' kayaking or space is full, you are welcome to join us for a fun picnic! Please note that everyone on the Power to Be site is required to sign a waiver.

### **Surrey Fitness Day**

Website: <https://sci-bc.ca/event-directory/monthly/>

Organizer: Rod Bitz

#### Time & Locations:

 **Tuesday, June 10<sup>th</sup> 11:00am-1:00pm**

 **Surrey** - Clayton Community Centre, 7155 187a St,

#### Description:

Work up a sweat at our upcoming Surrey Fitness Day! Join SCI BC and your fellow peers at the Clayton Community Centre and enjoy the spacious fitness area and adaptive equipment. Whether you're a seasoned gym rat or a complete beginner, we hope to see you there!

Please RSVP to [rbitz@sci-bc.ca](mailto:rbitz@sci-bc.ca).

### **Prince George Kayaking Day**

Website: <https://sci-bc.ca/event-directory/monthly/>

Organizer: Caleb Rousseau

#### Time & Locations:

 **Saturday, June 28<sup>th</sup> 11:00am – 5:00pm**

 **Prince George** - West Lake Provincial Park, 20769 W. Lake Rd, Prince George

#### Description:

Let's paddle into summer together!

Join SCI BC and Backwater Paddling for a fun and peaceful day on the water! Whether you're new to kayaking or already love it, this is a great opportunity to learn to kayak in a safe, supported environment, enjoy the outdoors at beautiful West Lake and connect with others in the SCI community.

All equipment provided. Adaptive gear and support available for all abilities.

Please RSVP to Caleb at [cbrousseau@sci-bc.ca](mailto:cbrousseau@sci-bc.ca) or 604-326-1216

## **MONDAY:**

### **8-9am Seated Adaptive Yoga 🙏 (Mind Body Solutions)**

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Matthew Sanford**

Intensity: Low Intensity 🙏

#### Description:

This class is for individuals living with mobility disabilities such as partial or total paralysis, amputation, spinal cord injury, severe arthritis, muscular dystrophy, multiple sclerosis, brain injury, spina bifida and cerebral palsy. Adaptive class participants must be able to follow simple instructions. We welcome students who do and do not use a wheelchair.

If you have additional questions, please contact Bethany Hutchinson at [bethany@mindbodysolutions.org](mailto:bethany@mindbodysolutions.org).

#### Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/month/2025-05/>

### **11am-12pm Set for Success 🙏**

**(PARC)**

Website: <https://icord.org/parc/virtual-parc/>

Instructor: **Elijah Sun**

Intensity: Low Intensity 🙏

#### Equipment:

- Soup cans (and tote bag if soup can is too light for you)
- Open-ended resistance band (with/without hand)
- Dowel/pants

#### Description:

This is a 60-minute low intensity workout class for all PARC participants of all fitness levels. Sets for Success is an excellent way to get back into exercising or to supplement your existing exercise routines. If you would like to get in some light strength training and cardio work, this is the program for you!

#### Connecting Link or Registration:

PARC are all the same zoom ID: <https://ubc.zoom.us/my/parcaticord>

Zoom ID 348 669 6948 Pswd: 818

#### **Dial-in on a landline (telephone)**

Call +1 778 907 2071 Canada (the local number for BC), and enter the meeting ID **(348-669-6948)** when prompted.

## **1-2pm Seated Strength & Endurance** 🧘 (Gathering Strength)

**\*\*Class April 14<sup>th</sup> – June 16<sup>th</sup>\*\***

Website: <https://gatheringstrength.org/classes/>

Instructor: **Michelle Arington**

Intensity: Good cardio 🧘

### Description:

Each FREE 1-hour class includes adapted cardiovascular and strength exercises. It also includes optional periods of high-intensity interval training (HIIT), which has been shown to be beneficial in helping people build stamina and burn more fat. Participants have the option to engage in HIIT portions or keep a slower pace. Family members and caregivers are welcome to join us

### Connecting Link or Registration:

Link to register here: <https://gatheringstrength.org/class/seated-strength-and-endurance/>

## **3-4pm Seated Adaptive Yoga** 🧘 (Mind Body Solutions)

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Halen & Sarah**

Intensity: Low Intensity 🧘

### Description:

This class is for individuals living with mobility disabilities such as partial or total paralysis, amputation, spinal cord injury, severe arthritis, muscular dystrophy, multiple sclerosis, brain injury, spina bifida and cerebral palsy. Adaptive class participants must be able to follow simple instructions. We welcome students who do and do not use a wheelchair.

If you have additional questions, please contact Bethany Hutchinson at [bethany@mindbodysolutions.org](mailto:bethany@mindbodysolutions.org).

### Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/month/2025-05/>

## **3:30-4:30pm Get Wild Dance Class** 🧘 (SCI BC)

Website: <https://sci-bc.ca/events-directory/monthly/>

Instructor: **LD & Marney**

Intensity: Good cardio 🧘

### Description:

LD and Marney share lead, other participants will also lead and have made moves to other fun songs too, all are welcome to lead anytime. We can share the Spotify

playlist just ask. Always looking for more folks. It's fun and a great cardio workout & laughs.

Connecting Link or Registration:

Zoom Meeting ID: 954 3295 7916 Passcode: 909190

<https://www.google.com/url?q=https://utah-health.zoom.us/j/95432957916?pwd%3DaGJmSFdSbkJOBTdseIB3VEtTZIBPQT09&sa=D&source=calendar&usd=2&usg=AOvVaw0UI1HNI7RyXTg2GkqGQuxd>

**4:00-4:30pm Sit Fit** 🧘💪

**(BORP)**

**\*\*\$20 USD Monthly Membership Required\*\***

Website: <https://www.borp.org/programs/fitness/virtual-fitness/>

Instructor: **Nathan Perkins**

Intensity: Cardio 🏃

Description:

Nathan Perkins, a certified inclusive fitness instructor and former Paralympic athlete, leads this 30-minute class that is a combination of stretches, strength and cardio exercises all done in a seated position with or without weights. Great for all levels of fitness!

Connecting Link or Registration:

Link to register here:

<https://borp.app.neoncrm.com/np/clients/borp/publicaccess/eventCalendarBig.jsp?year=2025&month=5>

Link for Membership: <https://borp.app.neoncrm.com/forms/borp-participant-membership-form->

## **TUESDAY:**

**7:15-8:15am Ambulatory A. Yoga** 🧘 (Mind Body Solutions)

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Amy**

Intensity: Low Intensity 🧘

Description:

Our Ambulatory Adaptive Class is for individuals who are able to walk but live with impaired mobility or balance issues. This class is for students who can transfer to and from the floor independently with minimal effort. Frequent position changes and both floor and seated poses may be a part of the class.

If you have additional questions, please contact Bethany Hutchinson at [bethany@mindbodysolutions.org](mailto:bethany@mindbodysolutions.org).

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/month/2025-05/>

### **9-10am Ambulatory A. Yoga 🙏 (Mind Body Solutions)**

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Bethany**

Intensity: Low Intensity 🙏

#### Description:

Our Ambulatory Adaptive Class is for people living with a disability who are able to walk but live with impaired mobility or balance issues. This class is for students who can transfer to and from the floor independently with minimal effort. Frequent position changes and both floor and seated poses may be a part of the class.

If you have additional questions, please contact Bethany Hutchinson at [bethany@mindbodysolutions.org](mailto:bethany@mindbodysolutions.org).

#### Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/month/2025-05/>

### **10-11am Tai Chi & Martial Arts Practice 🙏💰 (BORP)**

**\*\*\$20 USD Monthly Membership Required\*\***

Website: <https://www.borp.org/programs/fitness/virtual-fitness/>

Instructor: **Ralph Somack**

Intensity: Low intensity 🙏

#### Description:

In this class we will practice a variety of classic qigong exercises followed by selected forms derived from various internal Chinese Martial Arts styles, including Taichi, Hsing Yi and Bagua and Cane self defense. Principles of posture, grounding, intention, awareness, rotational energy, body mechanics and the Mind-Body connection will be examined and put into practice. No prior experience is required and the class can be taken in either the sitting or standing position.

#### Connecting Link or Registration:

Link to register here:

<https://borp.app.neoncrm.com/np/clients/borp/publicaccess/eventCalendarBig.jsp?year=2025&month=5>

Link for Membership: <https://borp.app.neoncrm.com/forms/borp-participant-membership-form->

### **11am-12pm WWAB Boxing 🥊 (WWAB)**

Instructor: **Jason Nelson**



Intensity: Good cardio 🏃

Equipment:

- Long stick (broom stick or dowel)
- Free weights (soup can etc.)
- Theraband

Description:

These workouts are designed to help with physical strength and functionality in every day life, and focus on: building core strength, cardiovascular health (adaptive Tabata), range of motion and flexibility, functional breathing, coordination and joint and muscle health. Join him and other peers online for these intense and super fun workouts!

Connecting Link or Registration:

Zoom ID: 816 2656 7119 <https://us02web.zoom.us/j/81626567119>

**1-2pm Seated Mindful Movement** 🙏

**(Gathering Strength)**

**\*\*Class April 15<sup>th</sup> – June 17<sup>th</sup>\*\***

Website: <https://gatheringstrength.org/classes/>

Instructor: **Ben Clark**

Intensity: Low intensity 🙏

Description:

This is a FREE, 1-hour class especially for people with disabilities. Family members/caregivers are encouraged to join us. It includes breathing, stretching, and gentle flowing exercises that reduce stress and build some strength.

The class is taught by Ben Clark (pictured right), who is a certified personal trainer and C7 spinal cord injury survivor. He has been teaching exercise and yoga classes for over six years. See his YouTube channel at Adapt to Perform.

Connecting Link or Registration:

Link to register here: <https://gatheringstrength.org/class/mindful-movement/>

**2:00-2:45m Inclusive Functional Strength Training** 🧘💪 **(BORP)**

**\*\*\$20 USD Monthly Membership Required\*\***

Website: <https://www.borp.org/programs/fitness/virtual-fitness/>

Instructor: **Raye Kahn** (they/them)

Intensity: Low intensity 🧘

Description:

Trainer Raye Kahn leads this 45-minute intermediate level class that includes a stretching and mobility warm-up, followed by integrative strength training. This class can be performed seated or standing with no equipment, or with home equipment

including towels, soup cans, dumbbells, resistance bands, filled water bottles, medicine balls or other kinds of balls.

Connecting Link or Registration:

Link to register here:

<https://borp.app.neoncrm.com/np/clients/borp/publicaccess/eventCalendarBig.jsp?year=2025&month=5>

Link for Membership: <https://borp.app.neoncrm.com/forms/borp-participant-membership-form->

**3:30-4:30pm** **ZOOMba** 🤖

**(PARC)**

Website: <https://icord.org/parc/virtual-parc/>

Instructor: **Sydney**

Intensity: Good cardio 🤖

Description:

ZOOMba is a 60-minute dance class where we build up intensity for a great cardiovascular workout. Dancing is an amazing way to build strength and cardio in an enjoyable way. We provide modifications for movements to challenge strength and endurance. We will be dancing to songs by Michael Jackson, Queen, Whitney Houston, and more. The class is available to individuals with all abilities and no prior dance experience is required! Join us for this fantastic and fun workout, no equipment is required!

Connecting Link or Registration:

PARC are all the same zoom ID: <https://ubc.zoom.us/my/parcaticord>

ID 348 669 6948 Pswd: 818

**Dial-in on a landline (telephone)**

Call +1 778 907 2071 Canada (the local number for BC), and enter the meeting ID **(348-669-6948)** when prompted.

**WEDNESDAY:**

**8-9am** **Seated Adaptive Yoga** 🧘 **(Mind Body Solutions)**

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Sarah & Angelique**

Intensity: Low Intensity 🧘

Description:

This class is for individuals living with mobility disabilities such as partial or total paralysis, amputation, spinal cord injury, severe arthritis, muscular dystrophy, multiple sclerosis, brain injury, spina bifida and cerebral palsy. Adaptive class

participants must be able to follow simple instructions. We welcome students who do and do not use a wheelchair.

If you have additional questions, please contact Bethany Hutchinson at [bethany@mindbodysolutions.org](mailto:bethany@mindbodysolutions.org).

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/month/2025-05/>

**11am-12pm Functional Flow** 🙌

**(PARC)**

Website: <https://icord.org/parc/virtual-parc/>

Instructor: **Julie**

Intensity: Low intensity 🙌

Equipment:

- Weights (dumbbells, soup can) & Dowel
- Open-ended resistance band

Description:

In this class, we focus on releasing tension through gentle to deep stretching and learn how to use our breath to help relax both the body and mind. We add some light functional exercises to build strength and flexibility and improve the overall function of your body.

Connecting Link or Registration:

Zoom link: <https://ubc.zoom.us/my/parcaticord>

ID 348 669 6948 Pswd: 818

**Dial-in on a landline (telephone)**

Call +1 778 907 2071 Canada (the local number for BC), and enter the meeting ID **(348-669-6948)** when prompted.

**12-1pm Adaptive Chair Yoga** 🙌

**(Connectra)**

Website: <https://connectra.org/events/>

Instructor: **Bobbie Seale-Cobisky**

Intensity: Low Intensity 🙌

Description:

This accessible Chair Yoga class will weave together practical breathing techniques with sensitively taught yoga postures and movements to meet the needs of all participants.

**Please note that this live event will be recorded and streamed to Facebook and YouTube, where it will remain available for our community to enjoy after the**

**session has ended.** Closed captioning for this event will be available on these platforms.

The class will be closed 10 minutes after the start time to prevent class disruption. Please be on time, or you can watch the recording on Facebook or YouTube afterwards.

Connecting Link or Registration:

Link to register here:

[https://us02web.zoom.us/meeting/register/tZMvd-igpzktGNYUPwFdZLuf4yK04RMM\\_Hc3?\\_xzm\\_rtaid=ZEv5RMZLTtux3qZOQ4-uLA.1698620993694.88482de6d138c18e264836c67ceffda5&\\_xzm\\_rhtaid=829](https://us02web.zoom.us/meeting/register/tZMvd-igpzktGNYUPwFdZLuf4yK04RMM_Hc3?_xzm_rtaid=ZEv5RMZLTtux3qZOQ4-uLA.1698620993694.88482de6d138c18e264836c67ceffda5&_xzm_rhtaid=829)

## **1-2pm Seated Cardio &Core** 🧘

**(Gathering Strength)**

**\*\*Class April 16<sup>th</sup> – June 18<sup>th</sup>\*\***

Website: <https://gatheringstrength.org/classes/>

Instructor: **Ben Clark**

Intensity: Good cardio 🧘

Description:

Each class includes adapted cardiovascular exercises utilizing the upper body with a focus on the core. It is perfect for people who use wheelchairs, people with SCI, and anyone who prefers to exercise while seated. Family members and caregivers are welcome to register and participate too.

It is led by Ben Clark, who is a certified personal trainer with a C7 spinal cord injury. He has taught online exercise and yoga classes for 5 years. You can see his classes on his YouTube channel, Adapt to Perform.

Connecting Link or Registration:

Link to register here: <https://gatheringstrength.org/class/seated-cardio-and-core/>

## **3:30-4:30pm Get Wild Dance Class** 🕺

**(SCI BC)**

Website: <https://sci-bc.ca/events-directory/monthly/>

Instructor: **LD & Marney**

Intensity: Good cardio 🕺

Description:

LD and Marney share lead, other participants will also lead and have made moves to other fun songs too, all are welcome to lead anytime. We can share the Spotify playlist just ask. Always looking for more folks. It's fun and a great cardio workout & laughs.

Connecting Link or Registration:

Zoom Meeting ID:954 3295 7916 Passcode: 909190

<https://www.google.com/url?q=https://utah-health.zoom.us/j/95432957916?pwd%3DaGJmSFdSbkJObTdseIB3VEtTZIBPQT09&sa=D&source=calendar&usd=2&usq=AOvVaw0UI1HNI7RyXTg2GkqGQuxd>

#### **4-5pm Ambulatory A. Yoga 🙏 (Mind Body Solutions)**

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Wendy**

Intensity: Low Intensity 🙏

##### Description:

Our Ambulatory Adaptive Class is for individuals who are able to walk but live with impaired mobility or balance issues. This class is for students who can transfer to and from the floor independently with minimal effort. Frequent position changes and both floor and seated poses may be a part of the class.

If you have additional questions, please contact Bethany Hutchinson at [bethany@mindbodysolutions.org](mailto:bethany@mindbodysolutions.org).

##### Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/month/2025-05/>

#### **5:30-6:30pm Move to the Beats! 🎵💰**

**(BORP)**

**\*\*\$20 USD Monthly Membership Required\*\***

Website: <https://www.borp.org/programs/fitness/virtual-fitness/>

Instructor: **JanpiStar**

Intensity: Cardio 🏃

##### Description:

This fun, high-energy seated dance class introduces easy-to-follow choreography from a seated position done to Latin and Club dance music. Class is geared towards upper body and core strengthening. Get ready to move!

##### Connecting Link or Registration:

Link to register here:

<https://borp.app.neoncrm.com/np/clients/borp/publicaccess/eventCalendarBig.jsp?year=2025&month=5>

Link for Membership: <https://borp.app.neoncrm.com/forms/borp-participant-membership-form->

### **THURSDAY:**

#### **9-10am Seated Adaptive Yoga 🙏**

**(Mind Body Solutions)**

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Molly & Angelique**

Intensity: Low Intensity 🧘

Description:

This class is for individuals living with mobility disabilities such as partial or total paralysis, amputation, spinal cord injury, severe arthritis, muscular dystrophy, multiple sclerosis, brain injury, spina bifida and cerebral palsy. Adaptive class participants must be able to follow simple instructions. We welcome students who do and do not use a wheelchair.

If you have additional questions, please contact Bethany Hutchinson at [bethany@mindbodysolutions.org](mailto:bethany@mindbodysolutions.org).

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/month/2025-05/>

**11-11:50am Mindful Movement** 🧘💰

**(BORP)**

\*\*\$20 USD Monthly Membership Required\*\*

**\*\*1st & 3rd Thursdays of the month\*\***

Website: <https://www.borp.org/programs/fitness/virtual-fitness/>

Instructor: **Raye Kahn** (they/them)

Intensity: Low intensity 🧘

Equipment:

- Tennis ball or rolled up socks

Description:

Designed to improve everyday movement, this class incorporates visual and vestibular training, joint mobilization, stretching, strengthening and body alignment. If you're dealing with an injury or just want to feel better in your body, this is the class for you. Great for all levels of fitness! Props used include tennis balls or rolled up socks.

Connecting Link or Registration:

Link to register here:

<https://borp.app.neoncrm.com/np/clients/borp/publicaccess/eventCalendarBig.jsp?year=2025&month=5>

Link for Membership: <https://borp.app.neoncrm.com/forms/borp-participant-membership-form->

**11am-12pm WWAB Boxing** 🥊

**(sponsored by SCI BC)**

Website: <https://sci-bc.ca/events-directory/monthly/>

Instructor: **Leo Sammarelli**

Intensity: Good cardio 🥵

Equipment:

- Long stick (broom stick or dowel)
- Free weights (soup can etc.)
- Theraband

Description:

SCI BC Peer, Leo Sammarelli has been boxing for 10 years and teaching adaptive boxing since June 2019. We're excited to announce that he's now leading an online boxing home-workout for Peers!

These workouts are designed to help with physical strength and functionality in every day life, and focus on: building core strength, cardiovascular health (adaptive Tabata), range of motion and flexibility, functional breathing, coordination and joint and muscle health. Join him and other peers online for these intense and super fun workouts!

Connecting Link or Registration:

Zoom details:

<https://us02web.zoom.us/j/83073079597?pwd=a3AwSU5scnE2cFg4SE8rR3paRTZlUT09>

Meeting ID: 830 7307 9597

Dial-in on a **landline** (telephone): call +1 778 907 2071 Canada (the local number for BC), and enter the Meeting ID when prompted: 830 7307 9597

**12-1pm Adaptive Fitness**

**(Connectra)**

Website: <https://connectra.org/events/>

Instructor: **Julie Meier**

Intensity: Unknown ?

Description:

Add some movement to your routine with weekly Adaptive Fitness with Julie Meier. Julie hopes to pass her knowledge and passion on to others so they can live a happy and healthy life!

Julie is CanFitPro certified and has taught fitness classes for over 15 years. Specializing in older adult fitness and balance and fall prevention, Julie has had the opportunity to work with diverse populations and encourages the joy of movement for every body. Julie has completed her adaptive fitness certification through Ocean Rehab and Fitness.

**Please note that this live Zoom event will be recorded and streamed to Facebook and YouTube**, where it will remain available for our community to enjoy after the session has ended. Closed captioning for this event will be available on these platforms.

The class will be closed 10 minutes after the start to prevent class disruption. Please be on time, or you can watch the recording on Facebook or YouTube afterwards.

Connecting Link or Registration:

PLEASE REGISTER HERE:

[https://us02web.zoom.us/meeting/register/tZEsfuytpj8oHdlvGd-hm08s-jMVAwBPRz7W? x\\_zm\\_rtaid=ZEv5RMZLTtux3gZOQ4-uLA.1698620993694.88482de6d138c18e264836c67ceffda5& x\\_zm\\_rtaid=829](https://us02web.zoom.us/meeting/register/tZEsfuytpj8oHdlvGd-hm08s-jMVAwBPRz7W? x_zm_rtaid=ZEv5RMZLTtux3gZOQ4-uLA.1698620993694.88482de6d138c18e264836c67ceffda5& x_zm_rtaid=829)

**4:00-5:00pm** **H.I.T.T. at Home** 🤖

**(PARC)**

Website: <https://icord.org/parc/virtual-parc/>

Instructor: **Julia**

Intensity: Good cardio 🤖

Equipment

- No equipment needed but small weights can be added if participants want an extra challenge.

Description:

This is a 60-minute high intensity boxing circuit. This program includes a warm-up, 2-20 minute sweaty circuits, and a cool-down. This cardio class is a great option for participants wanting to punch out their frustrations while feeling the burn. There is no equipment needed but small weights can be added if participants want an extra challenge.

Connecting Link or Registration:

PARC are all the same zoom ID: <https://ubc.zoom.us/my/parcaticord>

ID 348 669 6948 Pswd: 818

**Dial-in on a landline (telephone)**

Call +1 778 907 2071 Canada (the local number for BC), and enter the meeting ID **(348-669-6948)** when prompted.

**5:30-6:30pm** **Rumba** 🙌💰

**(BORP)**

**\*\*\$20 USD Monthly Membership Required\*\***

Website: <https://www.borp.org/programs/fitness/virtual-fitness/>

Instructor: **Tina Verduzco**

Intensity: Low Intensity 🙌

Description:

Rumba with Tina is an upbeat and incredibly fun seated dance workout class for all ages and abilities!

Connecting Link or Registration:



Link to register here:

<https://borp.app.neoncrm.com/np/clients/borp/publicaccess/eventCalendarBig.jsp?year=2025&month=5>

Link for Membership: <https://borp.app.neoncrm.com/forms/borp-participant-membership-form->

## **FRIDAY:**

### **12-1pm Contemporary Improv Dance**

**(ConnecTra)**

Website: <https://connectra.org/events/>

Instructor: **Janice Laurence** (with All Bodies Dance Project)

Intensity: Unknown ?

#### **Description:**

Connect with the joy of movement, self-discovery, and imagination, all from the comfort of your home. Explore and improvise through movement prompts, phrases, shapes, and activities that celebrate the diversity of inclusive community dance. No experience required; everyone is welcome. Move as much or as little as you would like.

These classes are facilitated by Janice Laurence, who is a disabled dance artist, educator, and movement ambassador. Her unique dance practice includes the joyful exploration of using various mobility aids. Janice was born with the neuromuscular disease Charcot Marie Tooth (CMT) Type 1A. She enthusiastically believes that creativity, community, connections, and diversity are our strengths.

A reminder email will be sent before class begins. Participants are encouraged to have their video cameras on as much as possible and Gallery view is useful to be able to see everyone.

The class will be closed 10 minutes after the start time to prevent class disruption. Please be on time.

#### **Connecting Link or Registration:**

PLEASE REGISTER HERE:

<https://us02web.zoom.us/join/zoom/register/tZMlf-ivqj0tGty45bzTWMU665f4VM96N8ve>

### **4-5pm (Fast Friday) Get Wild Dance Class** 🤪

**(SCI BC)**

Website: <https://sci-bc.ca/events-directory/monthly/>

Instructor: **LD & Marney**

Intensity: Good cardio 🤪

#### **Description:**

Faster Class, Less Break Fridays!

LD and Marney share lead, other participants will also lead and have made moves to other fun songs too, all are welcome to lead anytime. We can share the Spotify playlist just ask. Always looking for more folks. It's fun and a great cardio workout & laughs.

Connecting Link or Registration:

Zoom Meeting ID: 954 3295 7916 Passcode: 909190

<https://www.google.com/url?q=https://utah-health.zoom.us/j/95432957916?pwd%3DaGJmSFdSbkJOBTdseIB3VEtTZIBPQT09&sa=D&source=calendar&usd=2&usq=AOvVaw0UI1HNI7RyXTg2GkqGQuxd>

## **SATURDAY:**

**8-9am Seated Adaptive Yoga** 🙏 (Mind Body Solutions)

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Rodrigo & Angelique**

Intensity: Low Intensity 🙏

Description:

This class is for individuals living with mobility disabilities such as partial or total paralysis, amputation, spinal cord injury, severe arthritis, muscular dystrophy, multiple sclerosis, brain injury, spina bifida and cerebral palsy. Adaptive class participants must be able to follow simple instructions. We welcome students who do and do not use a wheelchair.

If you have additional questions, please contact Bethany Hutchinson at [bethany@mindbodysolutions.org](mailto:bethany@mindbodysolutions.org).

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/month/2025-05/>

## **SUNDAY:**

**9-10am Seated A Yoga & Meditation** 🙏 (Mind Body Solutions)

Website: <https://www.mindbodysolutions.org/events/category/online-classes/>

Instructor: **Jane**

Intensity: Low Intensity 🙏

Description:

This class is for individuals living with mobility disabilities such as partial or total paralysis, amputation, spinal cord injury, severe arthritis, muscular dystrophy, multiple sclerosis, brain injury, spina bifida and cerebral palsy. Adaptive class

participants must be able to follow simple instructions. We welcome students who do and do not use a wheelchair.

If you have additional questions, please contact Bethany Hutchinson at [bethany@mindbodysolutions.org](mailto:bethany@mindbodysolutions.org).

Connecting Link or Registration:

Link to Register Here (beware of time being in Central Standard Time (CDT) 2hrs ahead of PST): <https://www.mindbodysolutions.org/events/month/2025-05/>

**9:30am** Yoga with Diane 🙏

Instructor: **Diane**

Intensity: Low Intensity 🙏

Description:

YOGA with Diane using the MHG zoom room for a good 45 mins. All of the routine will be performed from your wheelchair or in a seated position using a chair. Some of the poses are modified by using a yoga block, yoga strap or tie and wall. It is not necessary to have the equipment; however, it will allow for a greater stretch. Namaste!

Connecting Link or Registration:

Zoom Link:

<https://us02web.zoom.us/j/6042502000?pwd=cnBNeGJWb1N6LzN0RDZwWGc0eE41dz09>

Zoom: ID 604-250-2000 pswd 123