





ONLINE PHYSICAL ACTIVITY DETAILS:


October 2025

*All Times are in PST

Legend:

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

New for February!

- *  Join the **Delta Wheelchair Curling League** plays ever Sundays 2pm-4pm!
- * **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 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:

2pm-4pm   **Delta Wheelchair Curling League**  

****Register for the season Sept. 28 – March 14th. — \$180****

 **Delta Thistle Curling Club, 11415 84th Ave, Delta, V4C 2L9**

Organizer: Marney Smithies

Description:

Join us every Sunday from 2:00–4:00 PM (except holiday weekends) starting September 28 through March 15 for the Delta Wheelchair Curling League!

Come out for some fun, enjoy a great game of curling, and stick around afterward for food and social time.

Season Fee: \$180

 [Sign Up Here](#)

If you have questions or if you can't commit to every Sunday, please contact Marney at marneysmithies@gmail.com.

Looking for other options? Check out the new Stick League, running Wednesdays from 1:30–2:30 PM.

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.

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/category/online-classes/2025-09/>

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.

3:00-4:00pm 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.

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/category/online-classes/2025-09/>

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%3DaGJmSFdSbkJOObTdselB3VEtTZIBPQT09&sa=D&source=calendar&usd=2&usq=AOvVaw0UI1HNI7RyXTq2GkqGQuxd>

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=8>

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/category/online-classes/2025-09/>

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/category/online-classes/2025-09/>

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=8>

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>

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=8>

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.

5:30-6:45pm Taking Charge of Your Well-Being 🇺🇸

(SCI BC)

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

Instructor: **Mary-Jo Fetterly & Olivia Rey**

Intensity: Low intensity 🧘

Description:

Every Tuesday at 5:30 pm, join peer health coaches Mary-Jo Fetterly and Olivia Rey for a one-hour class blending self-care, adaptive yoga, group coaching and mindfulness. Through four focused 15-minute segments, you'll gain tools and strategies to build resilience, autonomy and empowerment in your body, mind and spirit.

- **YOGA:** Move, breathe and refresh with a quick DIY yoga practice that fits your body and your needs. Tune-in to tune-up!
- **SELF-CARE:** Discover how to make self-care effortless and meaningful, not just another task on your to-do list.
- **COACHING:** This is an opportunity to ask our peer health coaches Mary-Jo and Olivia anything! This could be related to a goal, resource or maybe what coaching is all about.
- **MINDFULNESS:** Learn how to keep your mind full of good vibes, while letting go of stress and mental clutter.

Drop in when you can or make it a habit, you'll feel the difference!

Connect Link or Registration Info:

Connect here: <https://us02web.zoom.us/j/81892252046>

From your mobile phone or tablet: download the Zoom app from your app store, then use the meeting ID to get in to the meeting. Meeting ID: 818 922 52046

Dial-in on a landline (telephone): call +1 778 907 2071 Canada (the local number for BC), and enter the Meeting ID when prompted: 818 922 52046

If not in BC, find your local number here: zoom.us/u/acMz0fXoVA

Questions? Contact Mary-Jo at mfetterly@sci-bc.ca.

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.

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/category/online-classes/2025-09/>

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

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.

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/category/online-classes/2025-09/>

5:30-6:45pm Adaptive Yoga Fall Series 🙏

(SCI BC)

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

Instructor: **Mary-Jo Fetterly**

Intensity: Low intensity 🙏

Description:

Unlock the power of yoga adapted for every body, every ability!

In this 10-week series, peer health coach and yoga teacher Mary-Jo invites you to experience yoga as a complete path of empowerment—far beyond physical postures. Rooted in the Eight Limbs of Yoga taught by Patanjali, we'll explore not only movement and breath, but also habits, values, meditation and self-awareness. Together we will learn how to calm the nervous system, cultivate resilience, and deepen our connection to body, mind and spirit. Through this practice, disability becomes not a limitation, but a gateway to greater awareness, strength and joy in daily living.

*Each class builds on the last, so we ask participants to join all 10 weeks (Oct 8 – Dec 10, 2025).

CLICK HERE TO REGISTER.

Questions? Contact Mary-Jo at mfetterly@sci-bc.ca.

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=8>

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.

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/category/online-classes/2025-09/>

11-11:50am Mindful Movement 🙏💰 (BORP)

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

****Biweekly— Class ONLY on 2nd, 16th, & 30th ****

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=8>

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/join/join?zmtid=ZEv5RMZLTtux3qZOQ4-uLA.1698620993694.88482de6d138c18e264836c67ceffda5&xzm_rhtaid=829

4:00-5:00pm H.I.T.T. at Home 🤖

(PARC)

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

Instructor: **Tony**

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.

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/meeting/register/tZMlf-ivqj0tGty45bzTWMU665f4VM96N8ve>

3:30-4:30pm (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&usg=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.

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/category/online-classes/2025-09/>

SUNDAY:

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

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

Instructor: **Amanda & Melinda**

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.

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/category/online-classes/2025-09/>

9:30-10:30am **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

2pm-4pm 🦶🪵 **Delta Wheelchair Curling League** 🦶💰

****Register for the season Sept. 28 – March 14th. — \$180****

📍 [Delta Thistle Curling Club, 11415 84th Ave, Delta, V4C 2L9](#)

Organizer: Marney Smithies

Description:

Join us every Sunday from 2:00–4:00 PM (except holiday weekends) starting September 28 through March 15 for the Delta Wheelchair Curling League!

Come out for some fun, enjoy a great game of curling, and stick around afterward for food and social time.

Season Fee: \$180

👉 [Sign Up Here](#)

If you have questions or if you can't commit to every Sunday, please contact Marney at marneysmithies@gmail.com.

Looking for other options? Check out the new Stick League, running Wednesdays from 1:30–2:30 PM.