

ONLINE PHYSICAL ACTIVITY CALENDAR & RESOURCES:

March 2026

*All Times are in PST

Legend:

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

New for March!

SCI BC

***Yoga with Diane**— Sundays 9:30-10:30

PARC

***Zoomba** — Class time change —>**Tuesdays 3:45-4:45pm**

* **No More Scheduled Virtual Spin Classes** — Live Spin Classes still on at PARC Gym & virtual classes still available upon request —> **Thursdays - 1:15-2pm & Fridays – 2:00-3:00pm**. Contact Zaletelj at zaletelj@icord.org for virtual spin class request.

Gathering Strength (Classes Jan. 26th - Mar 25th)

* **Seated Strength & Endurance** — Mondays 1-2pm

* **Seated Mindful Movement** — Tuesdays 1-2pm

* **Seated Cardio & Core** — Wednesdays 1-2pm

Monthly Dance Jam —Friday March 6th 12-1pm

BORP

***Sit Fit (is Back!!)** —> Mondays 4-4:30pm

***Chair Yoga with Julia** —> Wednesdays 1-2pm

***Move to the Beat! (is Back!!)** —> Wednesdays 5:30-6:30pm

*1 week free trial, then you need a membership.

Sign up for membership 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

 [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.

[→ 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.

VIRTUAL MARCH CALENDAR:

MONDAY:

8:00-9:00am 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.

Register for class here:

[→ https://www.mindbodysolutions.org/events/category/online-classes/month/](https://www.mindbodysolutions.org/events/category/online-classes/month/)

11am-12pm Set for Success 

(PARC)

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

Instructor: **Elijah**

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!

Join class here:

<https://ubc.zoom.us/j/3486696948>

(Zoom ID 348 669 6948 Pswd: 818)

Participating in Virtual PARC classes will help you stay healthy and will enable you to connect with the PARC community remotely. The classes follow a regular schedule and are led by the UBC Kinesiology students.

Learn more at <https://icord.org/parc/virtual-parc/>

Questions? Contact parc@icord.org

1:00-2:00pm Seated Strength & Endurance 🧘 (Gathering Strength)

****Class Jan. 26th – March 23rd ****

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.

Register here:

<https://gatheringstrength.org/seated-strength-and-endurance/>

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.

Register for class here:

[→ https://www.mindbodysolutions.org/events/category/online-classes/month/](https://www.mindbodysolutions.org/events/category/online-classes/month/)

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.

Join class here:

[→ https://www.google.com/url?q=https://utah-health.zoom.us/j/95432957916?pwd%3DaGJmSFdSbkJObTdselB3VEtTZIBPQT09&sa=D&source=calendar&usd=2&usq=AOvVaw0UI1HNI7RyXTq2GkqGQuxd](https://www.google.com/url?q=https://utah-health.zoom.us/j/95432957916?pwd%3DaGJmSFdSbkJObTdselB3VEtTZIBPQT09&sa=D&source=calendar&usd=2&usq=AOvVaw0UI1HNI7RyXTq2GkqGQuxd)
(ID: 954 3295 7916 Passcode: 909190)

4:00-4:30pm Sit Fit 🤪💰

(BORP)

****Monthly Membership Required****

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

Instructor: **Nathan Perkins**

Intensity: Good 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!

Sign up for membership here:

[→ https://borp.app.neoncrm.com/forms/borp-participant-membership-form-](https://borp.app.neoncrm.com/forms/borp-participant-membership-form-)

Register for class here:

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

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.

Register for class here:

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

9:00-10:00am [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.

Register for class here:

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

10:00-11:00am [Tai Chi & Martial Arts Practice](#) 🙏💰 (BORP)

****Last Class March 17th****

****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.

Sign up for membership here:

[→ https://borp.app.neoncrm.com/forms/borp-participant-membership-form-](https://borp.app.neoncrm.com/forms/borp-participant-membership-form-)

Register for class here:

[→ https://www.borp.org/programs/fitness/virtual-fitness/](https://www.borp.org/programs/fitness/virtual-fitness/)

11:00am-12:00pm 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!

Join class here:

[→ https://us02web.zoom.us/j/81626567119](https://us02web.zoom.us/j/81626567119)

(Zoom ID: 816 2656 7119)

1:00-2:00pm Seated Mindful Movement 🙏 (Gathering Strength)

****Class Jan. 27 – March 24****

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.

Register here:

 <https://gatheringstrength.org/mindful-movement/>

3:45-4:45pm 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!

Join class here:

 <https://ubc.zoom.us/j/3486696948>

(Zoom ID 348 669 6948 Pswd: 818)

Participating in Virtual PARC classes will help you stay healthy and will enable you to connect with the PARC community remotely. The classes follow a regular schedule and are led by the UBC Kinesiology students.

Learn more at <https://icord.org/parc/virtual-parc/>

Questions? Contact parc@icord.org

WEDNESDAY:

8:00-9:00am 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@mindbodiesolutions.org.

Register for class here:

[→ https://www.mindbodiesolutions.org/events/category/online-classes/month/](https://www.mindbodiesolutions.org/events/category/online-classes/month/)

11am-12pm Functional Flow 🙌

(PARC)

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

Instructor: **Chelsea**

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.

Join class here:

[→ https://ubc.zoom.us/j/3486696948](https://ubc.zoom.us/j/3486696948)

(Zoom ID 348 669 6948 Pswd: 818)

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Learn more at <https://icord.org/parc/virtual-parc/>

Questions? Contact parc@icord.org

1:00-2:00pm Seated Cardio & Core 🙌 **(Gathering Strength)**

****Class Jan. 28 – March 25****

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.

Register here:

 <https://gatheringstrength.org/seated-cardio-and-core/>

1:00pm-2:00pm Chair Yoga w/ Julia   **(BORP)**

****Monthly Membership Required****

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

Instructor: **Julia Arenson**

Intensity: Low intensity 

Description:

Julia's chair yoga class offers a safe, supportive, and accessible practice for people with disabilities and all mobility levels. Students are guided through gentle movement, breathwork, and mindfulness practices that can be done entirely from a chair, with a focus on alignment, comfort, and choice. Julia provides clear verbal cues and modifications for all levels to help each student build strength, ease tension, and connect with the body in a nourishing way. This class welcomes beginners and seasoned practitioners alike, fostering a warm community and a practice that meets you where you are.

Sign up for membership here:

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

Register for class here:

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

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.

Join class here:

→ <https://www.google.com/url?q=https://utah-health.zoom.us/j/95432957916?pwd%3DaGJmSFdSbkJObTdselB3VEtTZIBPQT09&sa=D&source=calendar&usd=2&usg=AOvVaw0UI1HNI7RyXTg2GkqGQuxd>
(ID: 954 3295 7916 Passcode: 909190)

4:00-5:00pm [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.

Register for class here:

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

5:30-6:30pm [Move to the Beats!](#) 😓💰 (BORP)

****Monthly Membership Required****

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

Instructor: **JanpiStar**

Intensity: Good 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!

Sign up for membership here:

→ <https://borp.app.neoncrm.com/forms/borp-participant-membership-form->

Register for class here:

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

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@mindbodiesolutions.org.

Register for class here:

➡ <https://www.mindbodiesolutions.org/events/category/online-classes/month/>

11:00am-12:00pm 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!

Join class here:

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

(Zoom ID: 830 7307 9597)

4:00-5:00pm H.I.T.T. at Home 🙋

(PARC)

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

Instructor: **Chloe**

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.

Join class here:

[→ https://ubc.zoom.us/j/3486696948](https://ubc.zoom.us/j/3486696948)

(Zoom ID 348 669 6948 Pswd: 818)

Participating in Virtual PARC classes will help you stay healthy and will enable you to connect with the PARC community remotely. The classes follow a regular schedule and are led by the UBC Kinesiology students.

Learn more at <https://icord.org/parc/virtual-parc/>

Questions? Contact parc@icord.org

FRIDAY:

12-1pm Monthly Dance Jam (ConnecTra)

****ONLY Friday March 6th (Class occurs 1st Friday of the month)****

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

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

Intensity: Unknown ?

Description:

By popular demand, and with the generosity of All Bodies Dance Project, we are pleased to announce that Contemporary Improv Dance will be hosting monthly Dance Jams!

Until we return to regular weekly ConnecTogether programming this spring, these interim sessions are an opportunity to continue connecting with the joy of movement, and celebrating the diversity of inclusive community dance. No experience required; everyone is welcome in this interactive class. Move as much or as little as you would like.

Register for class here:

[→ https://us02web.zoom.us/meeting/register/BGi1KuVmRGWvJ9JAsIKJmA#/registration](https://us02web.zoom.us/meeting/register/BGi1KuVmRGWvJ9JAsIKJmA#/registration)

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.

Join class here:

👉 <https://www.google.com/url?q=https://utah-health.zoom.us/j/95432957916?pwd%3DaGJmSFdSbkJObTdselB3VEtTZIBPQT09&sa=D&source=calendar&usd=2&usq=AOvVaw0UI1HNI7RyXTq2GkqGQuxd>
(ID: 954 3295 7916 Passcode: 909190)

SATURDAY:

8:00-9:00am Seated Adaptive Yoga 🕒 (Mind Body Solutions)

Website: <https://www.mindbodiesolutions.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@mindbodiesolutions.org.

Register for class here:

👉 <https://www.mindbodiesolutions.org/events/category/online-classes/month/>

SUNDAY:

9:00-10:00am Seated A. Yoga & Meditation 🕒 (Mind Body Solutions)

Website: <https://www.mindbodiesolutions.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.

Register for class here:

[→ https://www.mindbodysolutions.org/events/category/online-classes/month/](https://www.mindbodysolutions.org/events/category/online-classes/month/)

9:30-10:30am Yoga with Diane 🙏 **(SCI BC)**

Instructor: **Diane**

Intensity: Low Intensity 🙏

Description:

Ease into your Sunday with seated yoga led by Diane. This online class focuses on gentle stretching and increasing range of motion, all from a wheelchair or chair.

No equipment required, though a wall is used for a few poses. Optional props like a yoga block or strap can be added if you're looking for a little extra challenge.

After 45-50 minutes of yoga, we'll finish with a short 5-10 minute upper body workout.

Join class here:

[→ https://us02web.zoom.us/j/6042502000?pwd=cnBNeGJWb1N6LzN0RDZwWGc0eE41dz09](https://us02web.zoom.us/j/6042502000?pwd=cnBNeGJWb1N6LzN0RDZwWGc0eE41dz09)

(Zoom: ID 604-250-2000 pswd 123)