





ONLINE PHYSICAL ACTIVITY CALENDAR & RESOURCES:

June 2026

*All Times are in PST

Legend:

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

What's New for June

LIVE EVENTS

* **SCI BC Roll n'Stroll Fundraiser**

- Abbotsford → Sunday June 7th 11am-1pm
- Surrey → Sunday June 14th 11am-1pm
- Prince George → Saturday June 20th 11am-1pm
- North Shore → Saturday June 20th 2-4pm
- Surrey → Sunday June 21st 11am-1pm
- Nanaimo → Sunday June 21st 12-2pm
- Coquitlam → Sunday June 21st 2-4pm
- Victoria → Saturday June 27th 1-4pm
- Vancouver → Sunday June 28th 7:30am-12pm
- Kelowna → Sunday June 28th 1-2:30pm

* **New West Wheelchair Multisport Mondays** → May 25th–June 22nd

* **Langley Pickleball Try-it Night** → Monday June 1st 5:30-7pm

* **Osoyoos Fishing & Camping Weekend** → June 5th-7th (Thursday-Sunday)

* **Slam Dunk Westshore Wheelchair Basketball** → Mondays June 4th 6-830pm

* **Kayaking in Victoria** → Saturday, June 13th 9am-3pm

* **Vancouver Pickleball Try-it Night** → Wednesday June 17th & 24th 6:30-8pm

VIRTUAL CLASSES:

SCI BC:

***Get Wild Dance** → Mondays, Wednesdays, Fridays 3:30-4:30pm

***Yoga with Diane** → Sundays 9:30-10:30am

WWAB BOXING:

***WWAB Boxing** → Tuesdays & Thursdays 11am- 12pm

PARC:

***Set for Success** → Mondays 11am-12pm

***ZOOMba** → Tuesdays 3:30- 4:30pm

***Functional Flow** → Wednesdays 11am-12pm

***H.I.T.T. at Home** → Thursdays 4-5pm

*Check out **PARC** website for in-person classes <https://icord.org/parc/programs/>

***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.

ConnecTra: (Classes are Back!!!)

***Adaptive Chair Yoga** → (Biweekly) Wednesdays June 3rd & 17th 12-1pm

***Adaptive Fitness** → (Biweekly) Thursdays June 11th & 25th 12-1pm

***Improv Dance** → (Biweekly) Fridays June 5th & 19th 12-1pm

GATHERING STRENGTH: (Classes April 27th - July 29th)

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

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

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

MIND BODY SOLUTIONS:

***Seated Adaptive Yoga**

- Mondays 8-9am & 3:00-4:00pm
- Wednesdays 8-9am
- Thursdays 9-10am
- Saturdays 8-9am

***Ambulatory Adaptive Yoga**

- Tuesdays 7:15-8:15am & 9:00-10:00am
- Wednesdays 4-5pm

***Seated Adaptive Yoga & Meditation** → Sundays 9-10am

BORP:

***Sit Fit** → Mondays 4-4:30pm

***Tai Chi & Martial Art Practice** → Tuesdays 10-11am

***Staying Driven: Adaptive Functional Fitness (New!!)** → Tuesdays 2-3pm

***Chair Yoga with Julia** → Wednesdays 1-2pm (No Class June 24)

***Move to the Beat!** → Wednesdays 5:30-6:30pm (No Class June 17 & 24)

***Adapt & Strengthen w/ Nikki (is Back!!)** → Thursdays 1-2pm

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

Sign up for **BORP** membership here:

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

LIVE (IN-PERSON) EVENTS

Roll n' Stroll for SCI BC

(SCI BC)

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

Abbotsford:

🕒 When: **Sunday, June 7th 11:00am-1:00pm**

📍 Where: **Mill Lake Park, 2310 Emerson Street, Abbotsford, BC, V2t 3j2**

👤 Organizer: **Rod Bitz** ✉ rbitz@sci-bc.ca ☎ 1(604)500-2900

Surrey:

🕒 When: **Sunday, June 14th & 21st 11:00am-1:00pm**

📍 Where: **Bear Creek Park, 13750- 88 Avenue, Surrey, BC**

👤 Organizer: **Rod Bitz** ✉ rbitz@sci-bc.ca ☎ 1(604)500-2900

Prince George:

🕒 When: **Saturday, June 20th 11:00am-1:00pm**

📍 Where: **Central Railway & Forestry Museum, 850 River Road, Prince George**

👤 Organizer: **Emily Wiebe** ✉ ewiebe@sci-bc.ca ☎ 1(604)326-1250

North Shore:

🕒 When: **Saturday, June 20th 2:00pm-4:30pm**

📍 Where: **The Boatshed Ambleside, 1200 Argyle Ave, West Vancouver BC V7T 1B1**

👤 Organizer: **Peter Chisholm** ✉ pchisholm@sci-bc.ca ☎ 1(604)326-1211

Nanaimo:

🕒 When: **Sunday, June 21th 12:00pm-2:00pm**

📍 Where: **Maffeo Sutton Park, 100 Comox Rd, Nanaimo BC**

👤 Organizer: **Bert Abbott** ✉ babbott@sci-bc.ca ☎ 1(604)326-1326

Coquitlam:

🕒 When: **Sunday, June 21st 2:00pm-4:00pm**

📍 Where: **Rocky Point Ice Cream (Lafarge Lake Park), Trevor Wingrove Way, V3B 7S4**

👤 Organizer: **Agasha Mutesasira** ✉ amutesasira@sci-bc.ca ☎ 1(604)326-1254

Victoria:

🕒 When: **Saturday, June 27th 1:00pm-4:00pm**

📍 Where: **Ogden Point, 189 Dallas Rd, Victoria British Columbia V8V 1A1**

👤 Organizer: **Scott Heron** ✉ sheron@sci-bc.ca ☎ 1(604)326-1235

Vancouver:

🕒 When: **Sunday, June 28th 7:30-12:00pm**

📍 Where: **Museum of Vancouver,, 1100 Chestnut St, Vancouver BC V6J 3J9**

Kelowna:

🕒 When: **Sunday, June 28th 1:00pm-2:30pm**

📍 Where: [Waterfront Park/Dolphin Statue \(Downtown Kelowna\), 1200 Water Street](#)

👤 Organizer: Scotty James ✉️ sjames@sci-bc.ca 📞 1(604)326-1202

Description:

Soak up the sun and join us for a fun, relaxed Roll n' Stroll in support of SCI BC. We will roll and stroll 5 km starting at 11 am on Sunday, June 7 at Mill Lake Park, and wrap up with a free ice cream treat.

The Roll n' Stroll is part of SCI BC's Charity Challenge fun, but there is no need to fundraise to take part. Whether you are raising funds, cheering on the team, or just coming out for a walk, the more supporters the better. This is not a race, just a chance to get together and support the SCI BC community.

Questions? Please contact your location organizer

About the Charity Challenge: The [Charity Challenge](#) is an annual charity race and fundraising event, with teams raising money for over 70 local non-profit organizations. This year marks SCI BC's 14th year participating. Participants can wheel, walk or run 5 km or a half-marathon. SCI BC hosts regional Roll n' Stroll events across BC in June, to bring peers and supporters together.

Funds raised go directly to our Peer Program and Information Services, helping people living with SCI and related disabilities adjust, adapt, and thrive. [Read our 2025 Annual Report to learn more about our impact across BC.](#)

Will you help us reach our fundraising goal of \$85,000? [Donate to Team SCI BC – Fraser Valley](#). To sign up and raise funds, please contact Krystyna at kpangilinan@sci-bc.ca.

[New West Wheelchair Multisport Mondays \\$](#) (SCI BC)

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

🕒 When: **Mondays, May 25th – June 22nd 12pm-1:30pm** (5 weeks)

📍 When: [Moody Park arena, 701 8th Ave, New Westminster V3M 2R2](#)

👤 Organizer: **Rod Bitz** ✉️ rbitz@sci-bc.ca 📞 1(604)500-2900

Description:

Give wheelchair sports a spin!

Join your peers for 5 weeks of wheelchair sports where fun, movement, and good vibes are all part of the game. Every Monday from May 25 to June 22, you'll try out

different wheelchair sports in a welcoming, inclusive space while building movement skills, confidence, teamwork and physical literacy.

The cost of this program is \$64.50 for all 5 weeks. Sports wheelchairs will be provided, but if you already have your own chair, feel free to use it.

Note: Most SCI BC events are free, and we aim to keep them that way. Occasionally, we partner with existing programs to offer more variety and connect with people where community is already rolling. If cost or transportation is a barrier, please reach out. We're happy to help however we can.

Register for event here:

➔ [Please register online through the City of New Westminster Parks & Recreation.](#)

Questions? Contact Rod at rbitz@sci-bc.ca or 604.500.2900.

[🦿 Langley Wheelchair Pickleball Try-It Night](#) 🗣️ (SCI BC)

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

🕒 When: **Monday June 1st 5:30-7:00pm**

📍 Where: *Timms Community Centre, 20399 Douglas Crescent, Langley, V3A 4B3*

👤 Organizer: **Rod Bitz** ✉️ rbitz@sci-bc.ca 📞 1(604)500-2900

Description:

What's the drill with Pickleball? Whether you're brand new or just curious, this is a low pressure chance to give Pickleball a swing at Timms Community Centre. A few sports chair are available to try or just use your usual day chair to get a feel for the game. We'll provide the paddles and the balls, as well as snacks and refreshments.

Register for event here:

➔ Please RSVP to Rod at rbitz@sci-bc.ca.

[🦿 Osoyos Fishing & Camping Weekend](#) 🗣️ 🗺️ (SCI BC)

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

🕒 When: **Thursday, June 4th – Sunday, June 7th**

📍 Where: (Okanagan) *Owl's Roost Private Cabins, 950 Nine Mile Pl, Osoyoos BC V0H 1V6*

👤 Organizer: **Scott James** ✉️ sjames@sci-bc.ca 📞 1(604)326-1202

Description:

No need to fish for weekend plans, we've got you covered! Join Accessible Okanagan for a weekend of camping and fishing in Osoyoos! Bring your camping gear and stay all weekend, or just come for the fishing derby and BBQ lunch on Saturday, June 6. Enjoy fresh air, friends, and maybe even reel in a big one! Fishing gear will be available.

Register for event here:

➡ Please RSVP to Scotty at sjames@sci-bc.ca. Camping is available from Thursday, June 4 to Sunday, June 7.


Slam Dunk West Shore Wheelchair Basketball  (SCI BC)

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

 When: **Thursday, June 4th 6:00pm-7:00pm**

 Where: (Vancouver Island)

 Organizer: Access West Shore  accesswestshore@gmail.com

 1(250)474.5939

Description:

Come celebrate National AccessAbility Week while taking in a fun sporting event at the Annual Slam Dunk Wheelchair Basketball event! There's a half time show and prizes to be won.

Whether you're brand new or a pro on the court, come shoot some hoops, learn the basics or show off your moves. Family and friends are welcome.

Local nonprofits will also be onsite, sharing information about adaptive recreation programs and ways to keep you moving all year long.


The 3rd Annual Wheelchair Basketball event to celebrate [National AccessAbility Week](#) is held in partnership with: [Victoria Wheelchair Sports](#), [Access West Shore Society](#), [West Shore Parks & Rec](#), [West Shore Basketball & Spencer Middle School](#) (SD 62).

If you have questions, or are interested in learning how to play wheelchair basketball, please do not hesitate to email accesswestshore@gmail.com or call 250-474-5939.

Kayaking in Victoria  (SCI BC)

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

 When: **Saturday, June 13th 9:00-am-3:00pm**

 Where: (Vancouver Island) [Power to Be Site on Prospect Lake, 4633 Prospect Lake Rd](#)

 Organizer: **Scott Heron**  sheron@sci-bc.ca  1(604)326-1235

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.

Register for event here:

To register, please contact Scott at 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.

 **Vancouver Wheelchair Pickleball Try-It Night**  (SCI BC)

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

 When:

- **Wednesday June 17th 6:30-8:00pm**
- **Wednesday June 24th 6:30-8:00pm**

 Where: *Hillcrest Community Centre, 4575 Clancy Loranger Way, Vancouver BC V5Y 2M4*

 Organizer: **Rod Bitz**  rbitz@sci-bc.ca  1(604)500-2900

Description:

Get ready to roll, rally, and have a smashing good time!

Join SCI BC at Hillcrest Community Centre in Vancouver for a fun, low-pressure chance to try out wheelchair pickleball. All equipment and coaching provided.

Whether you're an avid pickleballer or new to the game, we hope to see you there!

Register for event here:

 Please RSVP to Rod at rbitz@sci-bc.ca.

VIRTUAL APRIL 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/2026-06/>

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 April 27– July 27****

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 for class here:

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

3:00-4:00pm [Seated Adaptive Yoga](#) 🙏 (Mind Body Solutions)

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

Register for class here:

➡️ <https://www.mindbodiesolutions.org/events/category/online-classes/2026-06/>

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)

4:00-4:30pm 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->

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/2026-06/>

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@mindbodiesolutions.org.

Register for class here:

➔ <https://www.mindbodiesolutions.org/events/category/online-classes/2026-06/>

10:00-11:00am Tai Chi & Martial Arts Practice \$ (BORP)

****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->

Register for class here:

➔ <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>

(Zoom ID: 816 2656 7119)

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

****Class April 28th– July 28th**

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

Instructor: **Ben Clark**

Intensity: Low intensity 🧘

Description:

Free virtual seated exercise! 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 for class here:

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

2-3pm Staying Driven w/ Steph: A. Functional Fitness \$ (BORP)

****Monthly Membership Required****

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

Instructor: **Steph Coach & Team**

Intensity: Unknown?

Description:

This class blends functional movement, mobility work, and accessible conditioning to support strength, confidence, and long-term wellness.

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 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@mindbodysolutions.org.

Register for class here:

➔ <https://www.mindbodysolutions.org/events/category/online-classes/2026-06/>

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>

(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

12:00-1:00pm Adaptive Chair Yoga 🌿

(ConnecTra)

****Classes biweekly – June 3 & 17**

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.

Register for class here:

<https://forms.office.com/Pages/ResponsePage.aspx?id=YHZjePRtSE65Hv5hLnbOXXvJCYOOfI5MtxJ35KR64opUMUtFU1VSOFFCWjhQS0VFWU9DRU5LTk8yOC4u>

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

****Class April 29th - July 29th**

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 for class here:

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

1:00pm-2:00pm Chair Yoga w/ Julia 🧘 \$ (BORP)

****No Class June 24th**

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

4:00-5:00pm Ambulatory A. Yoga 🧘 **(Mind Body Solutions)**

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

Register for class here:

[→ https://www.mindbodiesolutions.org/events/category/online-classes/2026-06/](https://www.mindbodiesolutions.org/events/category/online-classes/2026-06/)

5:30-6:30pm Move to the Beats! 🤖 💰

(BORP)

****No Class June 17th & 24th**

****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@mindbodysolutions.org.

Register for class here:

➔ <https://www.mindbodysolutions.org/events/category/online-classes/2026-06/>

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=a3AwSU5scnE2cFg4SE8rR3paRTZIUT09>

(Zoom ID: 830 7307 9597)

12:00-1:00pm Adaptive Fitness

(ConnecTra)

****Classes biweekly – June 11 & 25**

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.

Register for class here:

➔ <https://forms.office.com/Pages/ResponsePage.aspx?id=YHZjePRtSE65Hv5hLnbOXXvJCYOOfI5MtxJ35KR64opUMUtFU1VSOFFCWjhQS0VFWU9DRU5LTk8yOC4u>

1:00-2:00pm Adapt & Strengthen w/ Nikki \$ (BORP)

****Monthly Membership Required****

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

Instructor: **Nikki Walsh**

Intensity: Unknown?

Description:

This eight week series is an inclusive, full-body strength and mobility class designed for wheelchair users and individuals with varying levels of mobility. Led by adaptive

fitness coach Nikki Walsh, this class focuses on building strength, stability, and confidence using resistance bands and dumbbells. All movements include seated and standing variations to ensure accessibility for all participants.

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/>

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>

(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 Improv Dance

(ConnecTra)

****Classes biweekly – June 5 & 19**

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

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

Intensity: Unknown ?

Description:

Join All Bodies Dance Project every second Friday at noon PT. 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.

Register for class here:

<https://forms.office.com/Pages/ResponsePage.aspx?id=YHZjePRtSE65Hv5hLnbOXXvJCYOOfI5MtxJ35KR64opUMUtFU1VSOFFCWjhQS0VFWU9DRU5LTk8yOC4u>

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&usg=AOvVaw0UI1HNI7RyXTg2GkqGQuxd>
(ID: 954 3295 7916 Passcode: 909190)

SATURDAY:

8:00-9:00am 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.

Register for class here:

[→ https://www.mindbodysolutions.org/events/category/online-classes/2026-06/](https://www.mindbodysolutions.org/events/category/online-classes/2026-06/)

SUNDAY:

9:00-10:00am 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.

Register for class here:

[→ https://www.mindbodysolutions.org/events/category/online-classes/2026-06/](https://www.mindbodysolutions.org/events/category/online-classes/2026-06/)

9:30-10:30am Seated 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)

