

VIRTUAL PHYSICAL ACTIVITY CALENDAR & RESOURCES:

July 2026

*All Times are in PST

Legend:

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

What's New in July

LIVE EVENTS

- *  **Vancouver Pickleball Try-it Night** —> Wednesdays July 8, 15, 22, 29 6:30-8pm
- *  **<30 Whistler Adaptive Adrenaline Weekend** —> Fri-Sun July 7th-9th
- *  **Ten Mile Lake Fishing Day** —> Mondays July 20th 9am-5pm
- *  **Chase Paddle & Picnic** —> Thursday July 23rd 10am-3pm
- *  **Learn to Camp in Victoria** —> Fri-Sun July 24th-26th
- *  **Nanaimo Paddling & Picnic** —> Saturday, July 25th 10am-2pm

VIRTUAL CLASSES:

PARC:

* **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:

- * **Improv Dance** —> **ONLY** Fridays July 3rd 12-1pm
- * **Adaptive Fitness** —> **ONLY** Thursdays, July 9th 12-1pm
- * **Adaptive Chair Yoga** —> None for July

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

BORP:

- * **Sit Fit** —> Mondays 4-4:30pm
- * **Tai Chi & Martial Art Practice** —> None in July
- * **Staying Driven: Adaptive Functional Fitness** —> Tuesdays 2-3pm

- ***Chair Yoga with Julia** —> **Wednesdays 1-2pm**
- ***Move to the Beat!** —> **Wednesdays 5:30-6:30pm**
- ***Adapt & Strengthen w/ Nikki** —> **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->

LIVE (IN-PERSON) EVENTS

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

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

 When: **6:30-8:00pm Wednesdays July 8, 15, 22, 29**

 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!

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

 **[Whistler Adaptive Adrenaline Weekend \(Under 30\)](#)**  (SCI BC)

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

 When: **Friday July 10th – Sunday July 12th (All Day)**

 Where: *Whistler Athlete Center, 1080 Legacy Way, Whistler, BC*

 Organizer: **Ryan Clarkson**  RClarkson@sci-bc.ca  1(604)714-4185

Description:

Experience Whistler in a whole new way! Try adaptive activities like paddleboarding, kayaking, trail riding, mountain biking, climbing, yoga, and more at our Adaptive Adrenaline Camps with [Whistler Adaptive Sports Program](#). This year, we are offering a camp for peers aged 18-30 from July 10-12 and our all-ages camp from August 7-9. Good times, new friends, plus adaptive equipment, meals, and accessible accommodation all for \$125/person. Interested peers can sign up for the wait list for either camp at sci-bc.ca/whistler26.

Space is limited!!!

➡ Please contact Ryan at rclarkson@sci-bc.ca if you have any questions.

Ten Mile Lake Fishing Day (SCI BC)

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

🕒 When: **Thursday, July 20th 9:00am–5:00pm**

📍 Where: (Northern BC) *Ten Mile Lake Provincial Park BC-97, Quesnel, V2J 7G2*

🎧 Organizer: **Rob Shaw** ✉ rshaw@sci-bc.ca

Description:

Let us lure you into a great fishing experience! Join SCI BC and [Reel North Adventures](#) for a fun day on the water fishing at Ten Mile Lake in Quesnel on July 20 from 9 am-5 pm. Enjoy fresh air, friends and maybe even reel in a big one! Snacks and fishing gear will be provided, but bring your own lunch!

➡ Please RSVP to Rob at rshaw@sci-bc.ca.

Paddle & Picnic (SCI BC)

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

🕒 When: **Thursday July 23rd 10:00am-3:00pm**

📍 Where: (Okanagan) *Memorial Park, 1212 2 Avenue, Chase, BC V0E 1M1*

🎧 Organizer: **Tyler Tingle** ✉ ttingle@sci-bc.ca

Description:

Get on board! Join SCI BC for an exciting day on the water in Chase (near Kamloops).

Drift into good times and give adaptive paddleboarding a try with Vernon Adaptive. Whether you're a pro or want to try something new, everyone is welcome. Picnic lunch included.

➡ Please RSVP to Tyler at ttingle@sci-bc.ca.

Lear to Camp in Victoria (SCI BC)

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

🕒 When: **Friday July 24th – Sunday July 26th (All Day)**

📍 Where: (Vancouver Island) *Power to Be Site, 4633 Prospect Lake Rd, Victoria*

🎧 Organizer: **Scott Heron** ✉ sheron@sci-bc.ca

Description:

Do you love sleeping under the stars? How about roasting marshmallows and telling stories around the campfire? We're excited to team up with [Power to Be](#) to offer an exciting weekend of camping at Prospect Lake in Victoria.

If it's been a while since you've been outdoors, or you're unsure what accessible camping looks like, this weekend is all about learning, exploring, and building confidence in an inclusive, accessible setting. Sit back and relax, enjoy the great outdoors and connect with other happy campers!

➡ Please contact Scott at sheron@sci-bc.ca to register and for more information. Spots are limited!!!

[Nanaimo Paddling & Picnic](#)

(SCI BC)

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

🕒 When: **Saturday July 25th 10:00am-2:00pm**

📍 Where: (Nanaimo) [Park & Trail, 4295 Victoria Ave, Nanaimo, V9T 2A9](#)

🗉 Organizer: **Bert Abbott**  babbott@sci-bc.ca

Description:

Pack your sunscreen and join SCI BC for an easygoing summer picnic! Whether you're dipping a paddle or digging into snacks, come enjoy a casual day by the lake with friends. Paddling begins at 10 am, followed by a picnic lunch at 11 am.

Kayaking is optional, but we think you'll love it! The Nanaimo Canoe and Kayak Club will provide both adapted kayaks with pontoons for those who need extra support, and standard kayaks for others. Have your own kayak? Bring it along!

➡ If you'd like to kayak, please RSVP in advance so we can reserve a spot for you. RSVP to Bert at babbott@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, 1J5amputation, 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/)

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](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.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/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%3DaGJmSFdSbkJOBTdseIB3VEtTZIBPQT09&sa=D&source=calendar&usd=2&usq=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@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/)

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 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

Register for class here:

<https://forms.office.com/Pages/ResponsePage.aspx?id=YHZjePRtSE65Hv5hLnBOXXvJCYOOfl5MtxJ35KR64opUMUtFU1VSOFFCWjhQS0VFWU9DRU5LTk8yOC4u>

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)

****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%3DaGJmSFdSbkJOBTdseIB3VEtTZIBPQT09&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/2026-06/>

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@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=a3AwSU5scnE2cFg4SE8rR3paRTZlUT09>

(Zoom ID: 830 7307 9597)

12:00-1:00pm Adaptive Fitness

(ConnecTra)

****ONLY on July 9th****

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=YHZjePRtSE65Hv5hLnBOXXvJCYOOfl5MtxJ35KR64opUMUtFU1VSOFFCWjhQS0VFWU9DRU5LTk8yOC4u>

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)

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

Questions? Contact parc@icord.org

FRIDAY:

12-1pm Improv Dance

(ConnecTra)

****ONLY on July 3rd****

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=YHZjePRtSE65Hv5hLnBOXXvJCYOOfl5MtxJ35KR64opUMUtFU1VSOFfCWjhQS0VFWU9DRU5LTk8yOC4u>

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: 3rd

<https://www.google.com/url?q=https://utah-health.zoom.us/j/95432957916?pwd%3DaGJmSFdSbkJOBTdseIB3VEtTZIBPQT09&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)

****No Class July 4th****

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)