

MONTHLY PHYSICAL ACTIVITY CALENDAR & RESOURCES:

August 2026

*All Times are in PST

Legend:

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

What's New in July

LIVE EVENTS

- *  **Port Coquitlam Pickleball Try-it Night** —> Wednesday Aug. 5th 1-4pm
- *  **Vancouver Pickleball Try-it Night** —> Wednesdays Aug. 5th & 12th 6:30-8pm
- *  **Shuswap Lake Camping** —> Fri.-Sun. Aug. 7th-9th (All Day)
- *  **Whistler Adaptive Adrenaline Weekend** —> Fri-Sun Aug. 7th-9th (All Day)
- *  **Prince George aMTB Try-It** —> Sat Aug. 8th & Sun 9th (All Day)
- *  **Vancouver Paddling** —> Thursday Aug. 13 10am-4pm
- *  **Kamloops Waterski Clinic** —> Sat Aug. 15th & Sun 16th (All Day)
- *  **Purden Lake Fishing Day** —> Sunday Aug. 16th 9am-5pm

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** —> Biweekly Fridays, August 14th & 28th 12-1pm
- * **Adaptive Fitness** —> Biweekly Thursdays, August 6th 20th 12-1pm
- * **Adaptive Chair Yoga** —> Biweekly Wednesdays, August 12th & 26th 12-1pm

BORP:

- * **Sit Fit** —> Mondays 4-4:30pm (No Class Aug. 24th & 31st)
- * **Tai Chi & Martial Art Practice** —> Is BACK!!!
- * **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-](https://borp.app.neoncrm.com/forms/borp-participant-membership-form-)

LIVE (IN-PERSON) EVENTS

Port Coquitlam Wheelchair Pickleball Try-It Night (sci BC)

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

 When: **1:00-4:00pm Wednesdays Aug. 5**

 Where: (Port Coquitlam) *Port Coquitlam Community Centre, 2150 Wilson Ave, Port Coquitlam BC V3C 6J5*

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

Description:

Join SCI BC for an afternoon of pickleball, fun, and connection!

What to Expect: Whether you're brand new to pickleball or have played before, this coach-led session is designed to be welcoming, accessible, and enjoyable for everyone.

Participants of all abilities will be introduced to the sport and have the opportunity to get playing right away in a relaxed, supportive environment.

What is provided:

- All pickleball equipment
- Coaching and instruction
- A low-pressure, beginner-friendly atmosphere
- Light refreshments and snacks

Good to know:

- All experience levels are welcome
- Wheelchair users are welcome to play in their day chairs
- Friends, family members, and support people are invited to join too!
- There are accessible washrooms, changing rooms, and showers available

 **Please RSVP by August 3, 2026** by emailing Agasha at AMutesasira@sci-bc.ca. This is a great opportunity to try a sport that's easy to learn, get moving, meet new people, and have some fun. We hope you'll come out and join us!

Getting There

- **Taking transit?** A bus stop is conveniently located right in front of the Port Coquitlam Community Centre.
- **Driving?** Accessible underground parking is available on-site.

Vancouver Wheelchair Pickleball Try-It Night (SCI BC)

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

 When: **6:30-8:00pm Every Wednesdays Aug. 5, 12, 19, 26**

 Where: (Vancouver) *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 or 604.500.2900.

Camping at Lake Shuswap Provincial Park (SCI BC)

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

 When: **Friday August 7th – Sunday August 9th (All Day)**

 Where: (Shuswap) *Shuswap Lake Provincial Park, 4120 Squilax-Anglemont Rd, Scotch Creek BC V0E 1M5*

 Organizer: **Tyler Tingle**  ttingle@sci-bc.ca  1(604)326-1227

Description:

Escape to the great outdoors! Join Accessible Okanagan and SCI BC for a fun camping weekend at Shuswap Lake Provincial Park in Scotch Creek. Bring your own camping gear and stay the whole weekend, or simply show up on Saturday, August 8 for the big BBQ.

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

Whistler Adaptive Adrenaline Weekend (SCI BC)

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

 When: **Friday August 7th – Sunday August 9th (All Day)**

 Where: (Whistler) *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.

 [aMTB “Try It” Experience in Prince George](#) (SCI BC)

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

 When: **Saturday August 8th – Sunday August 9th (All Day)**

 Where: (Prince George) *Tabor Mountain, Beaver Forest Service Rd, Prince George BC V2K 5X7*

 Organizer: **Chantelle Grafton**  chantelle.grafton@gmail.com

Description:

Gear up for a good time at our Adaptive Mountain Bike “Try It” Experience in Prince George!

Come ride, hang out and check out the North’s newest adaptive trails at Tabor Mountain ([check out the virtual tour!](#)). We’ll have two days of riding with [Adaptive Adventures](#), good company and a great chance to try a wide range of adaptive equipment with experienced coaches and professionals. All abilities and experience levels are welcome, whether it’s your first time on an adaptive mountain bike or you’ve been riding for years.

Come for one day or both, or simply drop by on Saturday to enjoy a BBQ lunch and connect with peers.

 [Fill out the online registration form.](#)

Questions? Reach out to Chantelle at chantelle.grafton@gmail.com for more details or help with planning your trip.

Special thanks to our event sponsor, [Tourism Prince George](#).

[Paddling in Vancouver](#)

(SCI BC)

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

 When: **Thursday, August 13 10:00am-4:00pm**

 Where: (Vancouver) *Creekside Paddling Centre, 1 Athletes Way, Vancouver BC V5Y 0B1*

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

Description:

Water you waiting for? Join SCI BC and the British Columbia Mobility Opportunities Society (BCMOS) for an exciting day on the water!

Whether you're a pro or want to try something new, everyone is welcome. Drift into good times and try out kayaking or paddleboarding on the False Creek waters. All abilities are welcome, plus we'll have great volunteers and a lift to assist with easy access. Light snacks and refreshments will be provided.

 Please RSVP to Rod at rbitz@sci-bc.ca or 604.500.2900.

[Adaptive Waterski Clinic in Kamloops](#)

(SCI BC)

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

 When: **Saturday Aug. 15th & Sunday Aug. 16th**

 Where: (Kamloops) *Shumway Lake*

Description:

Come try waterskiing at Shumway Lake with experienced volunteers. Enjoy a fun, safe and supportive experience, whether it's your first time or you're getting back on the water.

Open to individuals with any disabilities and all ages. All equipment is provided. \$60/day, 2 sets per day.

 [Register and learn more online](#) or contact kwsc.waterski@gmail.com.

[Purden Lake Provincial Park Fishing Day](#) (SCI BC)

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

 When: **Sunday Aug. 16th 9:00am-5:00pm**

 Where: (Prince George) *Purden Lake Provincial Park, Purden Ski Hill Rd, Upper Fraser BC V0J 2Z0*

 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 Purden Lake just outside Prince George on August 16 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.

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/>

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

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%3DaGJmSFdSbkJOBTdseIB3VEtTZIBPQT09&sa=D&source=calendar&usd=2&usq=AOvVaw0UI1HNI7RyXTg2GkqGQuxd>
(ID: 954 3295 7916 Passcode: 909190)

4:00-4:30pm Sit Fit 🧘💪

(BORP)

****NO CLASSES August 24th & 31st****

****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.mindbodiesolutions.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)

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>

12:00-1:00pm Adaptive Chair Yoga 🙏 (ConnecTra)

****Classes biweekly – Aug. 12th & 26th****

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

Instructor: **Bobbie Seale-Cobisky**

Intensity: Low Intensity 🙏

Description:

Join Bobbie Seale-Cobisky for a 1hr Accessible Chair Yoga session every second Wednesday at noon PT. 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.

Bobbie is a Certified Yoga Therapist with the International Association of Yoga Therapists (C-IAYT). She has developed curriculums and taught classes reaching out to specialized populations that include those with Alzheimer's, dementia and adaptive yoga for individuals living with a wide range of mobility challenges and those in recovery from addictions.

Register for class here:

<https://forms.cloud.microsoft/Pages/ResponsePage.aspx?id=YHZjePRtSE65Hv5hLnBOXXvJCYOOfl5MtxJ35KR64opUMUtFU1VSOFFCWjhQS0VFWU9DRU5LTk8yOC4u>

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&usq=AOvVaw0UI1HNI7RyXTq2GkqGQuxd>
(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)

****Biweekly Aug. 6th & 20th****

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.cloud.microsoft/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)

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)

****Biweekly Aug. 14th & 28th****

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.cloud.microsoft/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&usq=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)