MONTHLY PHYSICAL ACTIVITY CALENDAR & RESOURCES:

November 2026

*All Times are in PST

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

What's New in November

VIRTUAL CLASSES:

SCI BC:
* Get Wild Dance —> Mondays, Wednesdays, Fridays 3:30-4:30pm
* Seated Yoga w/ Diane —> Sundays 930-1030am

WWAB
WWAB Boxing —> Tuesdays & Thursdays 11am-12pm

PARC:
* Set for Success —> Mondays 11-12pm
* ZOOMba —> Tuesdays 3:30-4:30pm
* Functional Flow —> Wednesdays 11-12pm
* H.I.T.T. at Home —> Thursdays 4-5pm

Gathering Strength
* Seated Strength & Endurance — Mondays 2-3pm (Sept. 21st – Dec. 21st)
* Seated Mindful Movement — Tuesdays 2-3pm (Sept 1st – Dec. 15th)
* Seated Cardio & Core — Wednesdays 2-3pm (Sept. 2nd – Dec. 16th)

ConnecTra:
*Adaptive Chair Yoga —> Biweekly Wednesdays, November 4th & 18th 12-1pm
*Adaptive Fitness —> Biweekly Thursdays, November 12th & 26th 12-1pm
*Improv Dance —> Biweekly Fridays, November 6th & 20th 12-1pm

Mind Body Solutions:
Seated Adaptive Yoga
Mondays —> 9-10am
—> 4-5pm
Wednesdays —> 9-10am
Thursdays —> 10-11am
Saturdays —> 9-10am

Ambulatory Adaptive Yoga
Tuesdays —> 8:15-9:15am
—> 10-11am
Wednesdays —> 5-6pm
Seated Yoga & Meditation —> Sundays 10-11am

BORP: (San Fransisco PST)
***Sit Fit —> Mondays 5:00-5:30pm**
***Tai Chi & Martial Art Practice —> Tuesdays 11am-12pm**
***Staying Driven: Adaptive Functional Fitness —> Tuesdays 3-4pm**
***Chair Yoga w/ Julia —> Wednesdays 2-3pm**
***Move to the Beat —> Wednesdays 6:30-7:30pm**
***Adapt & Strengthen w/ Nikki —> Thursdays 2-3pm**

*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-

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MONDAY:

9:00-10am 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: **Chloe**
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

2:00-3:00pm Seated Strength & Endurance 🥵 **(Gathering Strength)**
****Class Sept. 21st– Dec. 21st****
Website: https://gatheringstrength.org/classes/
Instructor: **Michelle Arington**
Intensity: Good cardio 🥵

Description:
Each FREE 1-hour class includes adapted cardiovascular and strength exercises. It also includes optional periods of high intensity interval training (HIIT), which has been shown to be beneficial in helping people build stamina and burn more fat. Participants have the option to engage in HIIT portions or keep a slower pace. Family members and caregivers are welcome to join us.

Register here:
→ https://gatheringstrength.org/class/seated-strength-and-endurance/

4:00-5:00pm 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%3DaGJmSFdSbkJObTdselB3VEtTZlBPQT09&sa=D&source=calendar&usd=2&usg=AOvVaw0UI1HNI7RyXTg2GkqGQuxd
(ID: 954 3295 7916 Passcode: 909190)

5:00-5:30pm 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:

8:15-9:15am 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/

10:00-11:00am 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/

11:00am-12:00pm 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)

2:00-3:00pm Seated Mindful Movement (Gathering Strength)

****Class Sept. 1st – Dec. 15th****
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 here:
➡ https://gatheringstrength.org/mindful-movement/

3-4pm 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: **Michael**
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:

9:00-10:00am 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)**
****No Class — Nov. 11th (Remembrance Day)****
Website: https://icord.org/parc/virtual-parc/
Instructor: **Tristan**
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=YHZjePRtSE65Hv5hLnbOXXvJCYOOfI5MtxJ35KR64opUMUtFU1VSOFFCWjhQS0VFWU9DRU5LTk8yOC4u

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

****Classes biweekly – Nov. 4th & 18th**
Website: https://connectra.org/events/
Instructor: **Bobbie Seale-Cobisky**
Intensity: Low Intensity

Description:
Join Bobbie Seale-Cobiskey 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=YHZjePRtSE65Hv5hLnbOXXvJCYOOfI5MtxJ35KR64opUMUtFU1VSOFFCWjhQS0VFWU9DRU5LTk8yOC4u

2:00-3:00pm Seated Cardio & Core (Gathering Strength)

****Class Sept. 2nd– Dec. 16th****
Website: https://gatheringstrength.org/classes/
Instructor: **Ben Clark**
Intensity: Good cardio

Description:
Each class includes adapted cardiovascular exercises utilizing the upper body with a focus on the core. It is perfect for people who use wheelchairs, people with SCI, and anyone who prefers to exercise while seated. Family members and caregivers are welcome to register and participate too.

It is led by Ben Clark, who is a certified personal trainer with a C7 spinal cord injury. He has taught online exercise and yoga classes for 5 years. You can see his classes on his YouTube channel, Adapt to Perform.

Register here:
➡https://gatheringstrength.org/seated-cardio-and-core/

2:00pm-3:00pm **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%3DaGJmSFdSbkJObTdselB3VEtTZlBPQT09&sa=D&source=calendar&usd=2&usg=AOvVaw0UI1HNI7RyXTg2GkqGQuxd
(ID: 954 3295 7916 Passcode: 909190)

5:00-4:00pm **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/

6:30-7:30pm 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:

10-11am 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 (Ocean Rehab & Fitness) (ConnecTra)

****Biweekly Nov. 12th & 26th ****
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=YHZjePRtSE65Hv5hLnbOXXvJCYOOfI5MtxJ35KR64opUMUtFU1VSOFFCWjhQS0VFWU9DRU5LTk8yOC4u

2:00-3:00pm 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: **Robyn**
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 (All Bodies Dance Project) (ConnecTra)

****Biweekly Nov. 6th & 20th ****
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=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:3rd
→ https://www.google.com/url?q=https://utah-health.zoom.us/j/95432957916?pwd%3DaGJmSFdSbkJObTdselB3VEtTZlBPQT09&sa=D&source=calendar&usd=2&usg=AOvVaw0UI1HNI7RyXTg2GkqGQuxd
(ID: 954 3295 7916 Passcode: 909190)

SATURDAY:

9:00-10:00am 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/

SUNDAY:

10:00-11:00am 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/

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