

If there is bad weather, how will I know if my exercise/ fall prevention/1:1 class is cancelled?

Our agency makes the decision about the cancellation of services affected by weather on the same day by 7:00 AM.

Information on cancellations is broadcasted in the following ways:

- On our website www.communitysupportconnections.org
- On our phone message 519-772-8787
- On the radio at 570 AM
- On the radio website <https://kitchener.citynews.ca/> by checking "Extreme Weather Cancellations"



We encourage you to check the above for updates on service cancellations as they happen.

If your in-person class is cancelled, **why not join us for virtual gentle exercise class?** The class structure should look very similar to what we do at our in person classes, as we do aerobics (warm-up, some cardio moves to increase heart rate, cool-down), balance exercises, strength exercises (upper and lower body) and stretching.

We offer 3 options of classes:

- Monday/Wednesday/Friday 9 am – 1 hour class; higher intensity
- Monday/Wednesday/Friday 10:30 am – 45 min class; lower intensity – including a full seated class option
- Tuesday/Thursday 1 pm – 45 min class; various intensities

You will need to be set up for virtual classes in advance. If you wish to be set up to try things out or join us, please email us below to set a 1:1 meeting time with a Kinesiologist to help you get started!

We book 3 weeks at a time, so if you don't see a time slot be sure to check back!



- Kin Marisa: marisak@cscmow.org
- Kin Christina: christinad@cscmow.org

Once signed up, we will email everyone the **links** to join each class **weekly**. A new link each week ensures we protect your privacy, and allows us to monitor our class attendance. You may attend as many classes as you wish! At the day and time of the class, all you have to do is click on the appropriate link, and you will be entered into the Zoom meeting.