**REJUV HEALTH – FITNESS + KINESIOLOGY Programs**

**Spring/Summer 2025 Program Outline**

**A group of people posing for a photo

Description automatically generated**

In partnership with the Advanced Medical Group (AMG), the ReJuv Health Program is informing let you know about the upcoming classes for the community of Old North - a premier exercise and education program geared towards improving the health and fitness of older adults in London, Ontario.

**519-873-1603**

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Description automatically generated**ALL CLASSES ARE AT:**

230 Victoria St, London ON, N6A 2C2

Advanced Medical Group

Corner of Richmond and Victoria

FREE on-site parking

**ReJuv Classes**

**ReJuv Senior Fitness**

**(Our most popular class!)**

A group of people in a room

Description automatically generated  
This fun 60-minute class includes aerobic cardio, progressive strength training, balance exercises and full-body stretching for a functional workout. You start with 30 minutes of aerobic exercises with balance/stretching to finish. The next 30 mins you complete a personalized custom exercise program with exercise machines under the supervision of our instructors and kinesiology students (It's like having a personal trainer but without the cost!)

**ReJuv Gait & Balance**

**(Walkers and Canes Welcome!)**

A group of people in a gym

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This slower 60-minute seated class includes low-impact cardio, gentle strength training and balance exercise for a functional and fun workout. We welcome those with gait aids, walkers, canes to improve their mobility and practice their walking in a safe and social environment.

**ReJuv Qi Yoga**

**(Be Well with us!)**

A group of people doing exercises

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This invigorating 60-minute yoga is the perfect way to end the week! The perfect combination of Qi Gong and yoga helps you to clear your mind and learn to move every part of your body. This class is a great time to destress from a long week. Please bring your own mat but we have extra's incase you forget.

**ReJuv Qi Gong**

**(Experience Qi Gong in London!)**

A group of people doing exercises

Description automatically generatedThis refreshing 60-minute Qi Gong class involves using exercises to optimize energy within the body, mind and spirit. Qi Gong uses slow and precise body movements with controlled breathing and mental focus. This class is a great for beginners interested in Qi Gong or wanted to learn more about this ancient chinese practice.

**ReJuv Full Body / BACK ON TRACK**

**(This Class isn't Easy-Peezy!)**

A group of people in a gym

Description automatically generated  
This fast paced 60-minute class includes aerobic cardio, strength circuit training, balance exercises and full-body mobility for a challenging but fun workout. Each class starts with aerobic exercise to get your heart pumping. Next we move into circuit and strength training. Each class is slightly different with themes to focus on different areas. This class is for you if you like variety and to be challenged!

**ReJuv Pole Walking**

**(Enjoy the outdoors in a group!)**



This 60-minute pole walking class is a great way to enhance your walking for a full body workout to improve your core strength, posture, balance and overall endurance. Each class starts with a warm-up at AMG then the group goes to Gibbons Park for the class then back to AMG for the cool-down. Each class is slightly different with themes to focus on different areas. This class is for you if are a beginner to pole waling or have interest in learning how to pole walk properly.

**ReJuv Specialized Programs**

**ReJuv Osteo Fitness 8-Week Program**

**(Specialized for Osteoporosis & Osteoarthritis)**

A group of women in a gym

Description automatically generatedThis research-backed program runs in 8 week intervals throughout the year and follows the principles of GLA:D and BoneFit. These specialized classes are run by Registered Kinesiologists and are designed to provide science-based muscular strengthening, balance and postural exercises while addressing pain and stiffness. This program is an ideal fit for those with osteopenia, osteoporosis, osteoarthritis, had a recent fall or at risk of a fall.

**ReJuv Cardiac Fitness 12-Week Program**

**(Specialized for Heart Disease & Heart Conditions)**

A person running on a treadmill

AI-generated content may be incorrect.In collaboration with HeartFit Clinic, this kinesiology-led program is 12 weeks of structured and monitored cardio and resistance training with a FREE consultation at HeartFit Clinic. These specialized individual sessions are run by Registered Kinesiologists and are designed to provide science-based cardiovascular benefits with muscular strengthening, mobility and postural exercises. This program is an ideal fit for those undergoing treatment at HeartFit, has heart disease or other heart conditions where supervised exercise is recommended. Kinesiology assessment required before starting.

***NEW PROGRAMS COMING SOON***

**ReJuv Learn (SUMMER 2025)**

* **A beginner exercise program that teaches you how to exercise in 4 weeks. *Physician referral required to enter ReJuv Learn program.***

**ReJuv Run (SUMMER 2025)**

* **This couch to 5k program will get you from walking to running in 8 weeks.**

**(New Specialty Classes COMING SOON)**

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**Before You Start!**

All ReJuv Health participants must complete a kinesiology assessment prior to starting the program. This kinesiology assessment helps the team to ensure you are safe to exercise, what your goals are, if you have any health concerns and we create a personalized custom exercise program that you complete while supervised during your resistance training section of the class. (It's like having a personal trainer but without the cost!) We meet you where you are at, we ensure everything is based on your goals and we help keep you accountable to yourself!

Most programs run monthly with new spaces opening at the beginning of each month. Exercise sessions are led by certified seniors' fitness instructors (SFIC) and Registered Kinesiologists (RKIN). No need to re-enroll each session. This class membership ensures your spot is kept month-month if you wish to continue. It's easy to unenroll when you need too, all we require is 1 weeks' notice before the end of the month! This program is first-come first serve!

**Set up an assessment and REJUVENATE your HEALTH!**

**CALL 519-873-1603**

A group of women in a gym

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