

Lyndhurst Fitness Centre

The Lyndhurst Fitness Centre helps individuals with varying levels of spinal cord injuries or diseases work towards reaching their fitness goals within an adaptive exercise gym.

Location: Lyndhurst Centre Gym
Days: Monday, Wednesday and Thursday
Time slots: 4:30–6:30 or 6:30–8:30

Cost (full membership): \$35/month + one time assessment fee (\$10)
Cost (Fitness Classes Only): \$20/month + one time assessment fee (\$10)
Phone: (416) 597-3422 x6256

How do I become a member?

You must receive a referral from a medical doctor and meet certain criteria. Your family doctor or another doctor that sees you regularly can refer you.

- Be medically stable
- Have a diagnosis of a stable spinal cord injury or disease
- Have specific fitness-related goals
- Be able to independently direct you own care



Fitness Classes

Two different classes are offered on open nights at 6:00pm and 6:30pm. The classes vary from day to day and are open to members in either time slot.

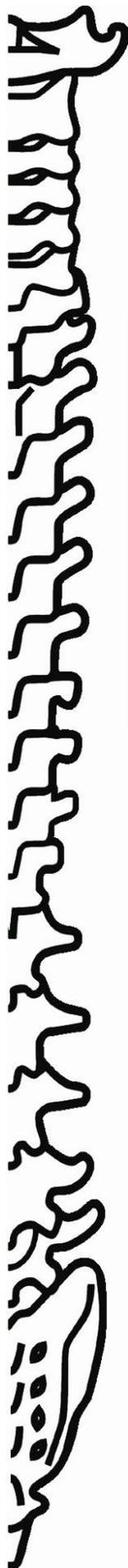
- Upper body aerobics
- Weights
- Tai chi
- Thera-band
- Core strengthening
- Super-stretch

What happens during the assessment?

A fitness trainer gets to know your fitness goals and physical abilities. They then develop an individualized program incorporating your goals and components of a well-balanced fitness program while considering your abilities. The trainer explains your program, demonstrates exercises, and assists you with set-up. At first they will guide

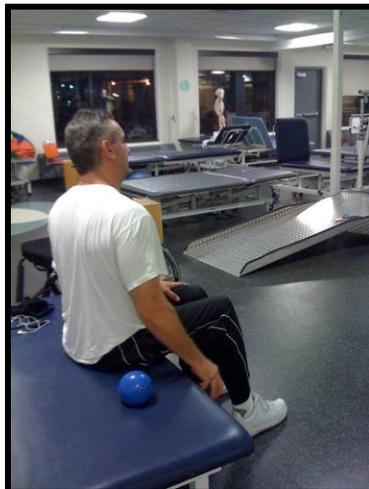
Contact Outpatient Services or your Physiotherapist for more information.

| | |
|--|--|
| Created by: Tara Anderson | Updated: 2011-03-01 |
| Disclaimer: Information is provided for educational purposes only. Consult a qualified health professional regarding specific medical concerns or treatment. Toronto Rehab does not assume and disclaims any liability to any party for any loss or damage by errors or omissions in this publication. | ©2010 Toronto Rehab. Material may be reproduced for non-commercial purposes only. www.spinalcordconnections.ca |
| Client Name: | Date given: |



Lyndhurst Fitness Centre

you on the proper way to do specific exercises. A re-evaluation of your program is done after multiple sessions to see if you are getting closer to your goals and make changes in your program if necessary.



*** Currently, there is a waitlist for membership at the Lyndhurst Fitness Centre.**

Contact Outpatient Services or your Physiotherapist for more information.

| | |
|--|--|
| Created by: Tara Anderson | Updated: 2011-03-01 |
| Disclaimer: Information is provided for educational purposes only. Consult a qualified health professional regarding specific medical concerns or treatment. Toronto Rehab does not assume and disclaims any liability to any party for any loss or damage by errors or omissions in this publication. | ©2010 Toronto Rehab. Material may be reproduced for non-commercial purposes only. www.spinalcordconnections.ca |
| Client Name: | Date given: |