

Fitness Staff

TANYA CLARK R.Kin
Fitness Program Coordinator

Tanya is a Registered Kinesiologist with the Ontario College of Kinesiology. Tanya has extensive experience and education in not only exercise and rehabilitation but also with nutrition coaching and lifestyle as it applies to both exercise and nutrition.

Tanya's experience in exercise with individuals at all levels of health and fitness has allowed her to appreciate and emphasize the importance of exercise for the human body despite varying limitations. She feels strongly about the commitment of health and exercise in one's life despite lifestyle and conditions that can limit individuals.

Tanya works in the rehabilitation department at Four Counties Health Services and Strathroy Middlesex General Hospital.

Tanya's strong work ethic and passion for health and fitness at all levels ensures she will commit to you and continue to challenge you as you work towards your goals.

Four Counties Health Services

Phone (519) 693 - 4441
Ext. 2441
(8:30 am -4:30 pm)

Fax (519) 693 - 1202
addressed to the FCHS
fitness program.

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MIDDLESEX
HOSPITAL ALLIANCE

FCHS SITE

FITNESS PROGRAM



Our Mission:

To provide a challenging but flexible exercise program, that assists its participants in reaching and maintaining their personal fitness goals

The Program

Our fitness program is designed for all ages to accommodate the need for strength and cardiovascular training and weight loss.

Participants work at their own pace as they rotate through a circuit-style workout. A circuit means that participants spend a short amount of time (approximately 2-5 minutes) doing one exercise and then move on to the next station. Therefore, through a combination of various aerobic machines/free weights and exercises, one is able to obtain a full body workout.

Fitness Schedule

Classes run after regular working hours, and are an hour in length. This allows for sufficient time to warm-up, receive proper instruction, complete the cardiovascular/ strength training components and stretch.

Benefits of Exercise

- ❖ Increased Flexibility
- ❖ Increased Muscle strength
- ❖ Increased Endurance
- ❖ Body Fat Loss
- ❖ Increased Bone Density
- ❖ Increased Quality of Life
- ❖ Reduced Diabetes, Risk of Heart Disease, Colon Cancer, and Stroke
- ❖ Sleep Better



Get Fit

The classes consist of:

- ❖ 5 minute warm-up
- ❖ Full instruction on stations
- ❖ Completions of 5 aerobic stations (in 5 minute intervals & 10 resistance training stations (in 2 minute intervals)
- ❖ 5 minute cool down

Class Times:

TUESDAY & THURSDAYS

❖ 2:30 – 3:30

❖ 3:30 – 4:30

Times subject to change

Cost: \$5.00 per class

Enjoy the Benefits of Healthy Living and Have a little FUN along the way!!!