

## **Colour Coded Indication System:**

Our colour coded indication system indicates the difficulty/intensity level of the class. This allows you to ensure that the classes you're signing up for are appropriate for your ability. Each class name will include the colour indicator in the title and further, those who have not yet been assessed by us, or have been assessed to be at a certain level will not be able to sign-up for a class that is not appropriate for them. Once you are registered with us, your colour level(s) will be indicated to you.

If you have any questions, please don't hesitate to contact us at 204-510-4869 or [info@uturnpd.org](mailto:info@uturnpd.org).

### **The colour levels are as follows:**

#### **GREEN**



Appropriate for any level or ability, including those who have significant fall risk, balance issues, use walking aids, a wheelchair, or have other mobility issues. Classes will include seated options and a range of modifications for safety as needed. Also appropriate for those who are just getting into an exercise lifestyle and need to build muscle and stamina.

#### **YELLOW**



Yellow participants can do exercises standing or seated, but may participate in more challenging modifications of exercises. Yellow participants would need assistance getting up or down off the floor, however have less significant fall risk or balance issues than a Green. Also appropriate for those who are just getting into an exercise lifestyle and need to build muscle and stamina.

## ORANGE



Participants are able to get down or up from the floor with no assistance, however may still have some slight need for modifications. Orange participants are able to move around and exercise on their own but may need a slower pace or more time to transition between exercises.

## RED



Restricted for participants who are able to quickly get down or up from the floor, have no fall risk or balance concerns and are able to participate with no restrictions or conditions.