

ABOUT MacSENIORS

The McMaster University Exercise and Wellness Program has been serving the Hamilton-Wentworth Community since 1989. MacSeniors offers individualized cardiovascular and weight training programs for individuals 60 to 80 years of age.



BECOMING A MEMBER

Participants are referred to the program by their physician. An exercise test is used to assess each participant to allow staff to prescribe an individualized exercise program. The exercise test is repeated every three years to monitor progress and to evaluate clinical status.

PROGRAM GOALS

Each participant is unique, but we hope they all achieve these common goals:

- Improve exercise capacity
- Continue to exercise safely within personal limitations
- Have a better understanding of heart disease
- Make desirable lifestyle changes

EQUIPMENT

- Upright and recumbent bikes
- Treadmills
- HUR resistance machines
- Arm ergometers
- Stair climbers
- NuSteps

MEMBERSHIP SERVICES

- Three supervised exercise sessions per week
- Access to highly trained exercise specialists
- PACE Faculty Lecture Series
- Pool program
- Change rooms and showers

FEE FOR SERVICE OPTIONS

- Assessment and treatments with a Registered Physiotherapist
- Personal training sessions
- Balance assessment and training
- HUR computerized resistance exercise monitoring
- Full access to the McMaster David Braley Athletic Centre

Monday	Tuesday	Wednesday	Thursday	Friday
8am-12pm	8am-12pm	8am-12pm	8am-12pm	8am-12pm
2pm-4pm	2pm-7pm	2pm-4pm	2pm-7pm	

PACE
McMaster Physical Activity
Centre of Excellence

McMaster University, Department of Kinesiology
PACE: (905) 525-9140 ext. 27223
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