

Class Schedule - 2025 Summer (June 30th - August 15th)

Date	Monday			Tuesday	Wednesday			Thursday	Friday		
9:00a-10:00a	NOTICE: Cybex on your own Check-ins: 11:00 New Member Orientation: 10:30 AM 1:15 PM				NOTICE: Cardio/Cybex on your own Check-ins: 9:00, 1:00 New Member Orientation: 8:30 AM 1:00 PM				BLUE: Advanced GREY (dark): Intermediate RED: Basic GREY (light): All Levels		
10:00a-11:00a	(Performance Suite) Cardio All Levels 10:00-10:45a		(Room 145) Floor/PWR! Advanced 10:00-10:45a		(Downstairs Cybex) Strength Training All Levels 10:00-10:45a	(F45 Studio) F45 Advanced 10:00-10:45a	(Room 141) Bal-A-Vis-X Basic 10:15-10:45a		(Room 145) Empowerment (PwP) 10:00-10:45a	(Room 143) Empowerment (PwP) 10:00-10:45a	(205) Empowerment (CG) 10:00-10:45a
									(Room 105) Education Series 10:00-10:45a: 1st Friday Only		
11:00a-12:00p	(Room 143) Chair/Floor PWR! Basic 11:00-11:45a	(Room 145) Chair/Floor PWR! Intermediate 11:00-11:45a	(Downstairs) Boxing Advanced 11:00-11:45a		(Room 145) Chair/Floor PWR! Basic 11:00-11:45a	(Room 143) Chair/Floor PWR! Intermediate 11:00-11:45a	(Room 141) Bal-A-Vis-X Advanced 11:00-11:45a		(Room 145) Chair/Floor/PWR Basic/Intermediate 11:00-11:45a		(F45 Studio) F45 Advanced 11:00-11:45a
	Tours 11:00am				Tours 11:00am						
12:00p-1:00p	(Pool) Aquatics All Levels 12:00-12:45p	(Room 143) Enhanced WellRep Basic 12:00-12:45p	(Room 141) Enhanced WellRep/HiT Intermediate/Advanced 12:00-12:45p		(Pool) Aquatics All Levels 12:00-12:45p	(Room 143) Enhanced WellRep Basic 12:00-12:45p	(Room 141) Enhanced WellRep/HiT Intermediate/Advanced 12:00-12:45p	(Downstairs) Boxing Advanced 12:00-12:45p	(Room 143) **Final Friday: 12:00pm** Celebrations, Announcements, Meet and Greet Group Lunch Social on your own - 1st Friday only Fuzzy's Taco Shop Social Tap Room		
1:00p-2:00p	(Room 143) Sing Out Loud All Levels 1:00-1:45p		(F45 Studio) F45 Advanced 1:00-1:45p		(Room 143) Movement with Music All Levels 1:00-1:45p	(F45 Studio) F45 Advanced 1:00-1:45p		(Downstairs) Stretch and Flex Advanced 12:45-1:30p			
2:00p-3:00P								(Downstairs) Stretch and Flex Basic 1:30-2:15p			
6:15p-7:15p				(Room 145) Evening Empowerment 4th Tuesday 6:00-7:00p					(Downstairs) Boxing Basic 2:15-3:00p		
									Extra Schedule Notes: Specific start time, if greater than 10 minutes late, kindly wait for the next class		
									Advanced: Highest aerobic, cognitively and physically challenged class		
									Intermediate: Standing, higher aerobic, cognitively challenging class between Basic and Advanced		
									Basic Classes: Seated, moderately cognitively and physically challenging class; person may require assistance for this slower paced classes		
									REMINDER: Cardio & Strength Training: Can be completed on your own; no specific start time		

Tours provided: Mon. & Wed. @ 11:00 A.M. **Please call to schedule a tour: 316-252-1877**

* Classes subject to change/cancellation based on participation*

Class Schedule - Summer (June 2nd - June 13th) (June 30th - August 1st)

Class Name	Class Description	Class Name	Class Description
Aquatics: Open Pool Hours: 11:30a-1:30p, 4-8p M-F; 1:30-5p Sa/Su	The buoyancy of water aids people who lack postural support or balance and allows them to perform range-of-motion and strengthening exercises that they may not be able to complete on land.	Functional/Floor PWR!	<i>This class will focus on methods to get up and down off the floor. PWR! floor exercises for increased core strength and functional mobility. Also, functional ability tasks will be trained. Find ways to help decrease Freezing of Gait (FOG), smoother turns and improve your gait pattern.</i>
Bal-A-Vis-X:	<i>A balance-auditory-vision exercise for brain and body integration. It is deeply rooted in rhythm. Exercises address visual tracking, auditory imprecision, impulsivity, balance, coordination, and anxiety issues. Basic: new participants; limited balance Advanced: requires instructor approval.</i>	Movement with Music	<i>Get your groove on and get your body moving. Movement with Music is a fun, upbeat class combining gentler cardio with rhythm and functional movement. It includes gentle walking rhythm with arm movement to your favorite hits.</i>
Boxing:	<i>Non-contact boxing, circuit training and 15-30 min of stretching. Classes address balance and coordination, motor skills, strength and endurance and stress reduction.</i>	Nordic Walking	<i>A valuable exercise tool for PwP because of the focus on correct gait technique. Large amplitude training from the intensification of normal walking. Repetitive movements driving neuroplasticity. Available for all levels.</i>
Cardio:	<i>The goal of Cardiovascular exercise is to work within your own target heart rate at 70%-90%. In this range one is producing natural dopamine which is a crucial neurotransmitter for dopamine.</i>	PWR! Hour:	<i>This class will focus on methods to get up and down off the floor. PWR! floor exercises for increased core strength and functional mobility. Also, functional ability tasks will be trained. Find ways to help decrease FOG, smoother turns and improve your gait pattern. Basic: limited balance; requires assistance; prefers slower pace.</i>
Enhanced WellRep	<i>A specially designed, evidence-based program uses functional fitness movements and light dumbbell training to improve strength, balance, and mobility. To enhance daily function and support independence. All in a safe, supportive, and motivating environment.</i>	Sing Out Loud	<i>This class will help work on improved voice quality, volume, breath support, and stamina in a fun and interesting way. Don't be shy, we'll sing as a group!</i>
Empowerment Group:	<i>Provides an opportunity to share experiences, coping strategies and firsthand information that is all geared for the Persons with Parkinson's and in a separate room, caregiver support. Both groups are facilitated by professional counselors and end with a gratitude moment</i>	Strength training/Cybex:	<i>Join us for progressive resistive training. Cybex machines allow you to stay in proper body alignment, while lifting weights. Studies show that resistive training can especially decrease symptoms of bradykinesia.</i>
Functional-45 (F-45):	<i>With over 5,000 exercises and multiple workouts, you'll be hard pressed to take the same class twice. F-45 combines elements of high-intensity interval training (HIIT) circuit training, and functional training in a fun group atmosphere.</i>	Stretch and Flex:	<i>Improve your mobility, reduce muscle stiffness and increase your range of motion in this stretch and flexibility class. Stretching can improve posture, reduce pain, relieve stress and enhance physical function making daily activities easier to perform.</i>