

Class Schedule-Summer 2022 (June 1-Aug 31)

	MONDAY		TUES	WEDNESDAY		THUR	FRIDAY	
10:00a-11:00a							Room 143 Empowerment Group 10-11p	
11:00a-12:00p							Room 141 Fall Prevention 11a-12p	F-45 11a-12p
12:00p-1:00p	Pool Aquatics 12:00p-12:45p	Downstairs Cybex Strength training 12-12:45p		Pool Aquatics 12-12:45p	Room 141 Bal-A-Vis-X Hand eye coordination 12-12:45p		Room 141 Fun Friday 12:00-12:30/1:00p <i>Final Friday=Celebration Friday!!</i>	
	Shocker Fit Cardio (On your own 12-12:45p)			Shocker Fit Cardio (On your own 12-12:45p)				
1:00p-2:00p	Room 141 In Motion 1-2p	F-45 1-2p		Room 141 In Motion 1-2p	F-45 1-2p			
2:00p-3:00p	Room 143 Tai Chi 2:00-2:45pm			Room 143 Yoga 2:00-2:45 pm				

Tours provided: Monday's and Wednesday's @ 1:30p

Class Descriptions:

Bal-A-Vis-X: *is 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.*

Tai Chi: *a balanced-based exercise has been shown to improve strength, balance and physical function to prevent falls in older adults. This program emphasizes rhythmic weight shifting, symmetric foot stepping and controlled movements. Two pilot studies suggest that it may also improve axial symptoms of PD, such as postural stability.*

Yoga: *is an effective way to increase flexibility and ward off the rigidity. Research shows that benefits include improved strength, flexibility, balance, overall fitness and quality of life. Chair options always available.*

Nordic Walking/Urban Poling: *is a valuable exercise tool for PwP because of the focus on correct gait technique. Large amplitude training from the intensification of normal walking. The repetitive movements driving neuroplasticity.*

Cardio: *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.*

Aquatics: *The buoyancy 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.*

- **Open Pool Hours:** *6:30-8:30a, 11:30a-1:30p, 4-8p M-F; 1:30-5p Sa/Su*

Fall Prevention: *Fall prevention training is an excellent, safe way to increase strength, stability and confidence for those with PD. PWR! exercise reinforces dopamine circuits, which can help slow down Parkinson's symptoms.*

In Motion: *An exercise class specially designed for older adults with Parkinson's, WellREP InMotion is an evidence-based, progressive physical activity class. The goal of the class is to improve health and functional ability, to promote independence, and to help prevent chronic disease and disability in adults over age 50. The program includes a step-by-step approach to improve physical abilities with a variety of simple activities, including cardio/aerobic, flexibility, strength, and balance activities.*

Functional-45 (F-45): *With over 5,000 exercises and 45 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.*

Fun Friday's- *Coaches choice, this class will vary from week to week. Final Fridays are our Celebration Fridays with a social event!*

Empowerment Group: *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 combined group gratitude moment.*