

Class Schedule – SUMMER (July 1st- August 16th)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00a-11:00a	Black text (Specific start time, if greater than 10 minutes late, kindly wait for the next class) Blue text (Come and go class, no specific start time)		***Basic-assigned individually*** (person may require assist for this slower paced class)		Room 143/145 /133/207 Empowerment Group 10-10:50am (Sharp!) **Room 207 for CG group**
11:00a-12:00p	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> 145 Floor Class 11:30-12:15p </div> <div style="text-align: center;"> Pool Aquatics 11:30-12:15p </div> </div>		Baseline Testing/Orientation Julie 10:15-11:15am (143)		<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Downstairs F45 11-11:50a </div> <div style="text-align: center;"> Room 141 Fall Prevention 11:15a-12p </div> <div style="text-align: center;"> Room 145 Fall Prevention Basic 11:15a-12p </div> </div>
12:00p-1:00p	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Performance suite Cardio 12:15-1:00p 12:30 Janelle Tours </div> <div style="text-align: center;"> Downstairs Cybex Strength training 12:15-1:00p </div> </div>		Room 141 Bal-A-Vis-X Basic 11:30-12:00p Room 141 Bal-A-Vis-X Advanced 12:15-12:45p	Performance Suite Cardio room 11:30-12:45pm Office Hours: 12-12:45p Connie or Shana Available 12:30pm-Tours	Education Series -10-10:45 am: 1 st Friday-Education Room (105) ***Final Friday: 12:00p *** Celebrations, Announcements, Meet and Greet Group Lunch Social on your own Fuzzy's Taco Shop Social Tap Room
1:00p-2:00p	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Room 141 WellRep Advanced 1-1:50p </div> <div style="text-align: center;"> Room 145 WellRep Basic 1-1:50p </div> <div style="text-align: center;"> Downstairs Advanced Boxing 1-2:00pm </div> </div>		Room 141 WellRep Advanced 1-1:50p Room 145 WellRep Basic 1-1:50p	Downstairs F45 1-1:50p	<b style="color: red;">Important changes: <b style="color: red;">*July 4th and 5th Closed <b style="color: red;">*July 5th No Educational Series/classes Club Parkinson's closed Heskett open for individual use <b style="color: red;">*July 15th-19th Room 141 only available <b style="color: red;">* July 29th-31st No Aquatics-Pool closed
2:00p-3:00p	12:30p Janelle Tours		Room 143 Yoga 2:00-2:45p	Downstairs Boxing Basic 2:00-2:40p	
3:00p-4:00p			**Reminder-Cardio and Cybex can be completed on your own** **Nordic walking can be on your own Note- no air conditioning on the track	Stretching Boxing Room Basic & Advanced 2:45 – 3:15p Downstairs Boxing Advanced 3:15-4:00p Darius	
6:00p-8:00p	Young Onset 2 nd and 4 th Monday's Room 207 6:15-7:00p Empowerment support group 7:00-7:45p F45				
Tours provided: Mon. & Wed. @ 12:30 P.M. **Please call to schedule a tour: 316-252-1877** New Member Orientation/Yearly consultation: Mon. Wed @ 10:15 A.M.					

Class Name	Class Description	Class Name	Class Description
Aquatics: Open Pool Hours: <i>11:30a-1:30p, 4-8p M-F; 1:30-5p Sa/Su</i>	<i>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.</i>	Floor/Functional work:	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.
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>	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>
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>	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>
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>	Nordic Walking/Urban Poling: (on your own)	<i>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. Basic: new participants; prefers slower pace. Advanced: experiences; prefers faster pace.</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>	Well Rep:	<i>An exercise class specially designed for people 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.</i>
Fall Prevention:	<i>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. Basic: limited balance; requires assistance; prefers slower pace. Advanced: requires no assistance; prefers faster pace.</i>	Yoga:	<i>An effective way to increase flexibility and ward off rigidity. Research shows that benefits include improved strength, flexibility, balance, overall fitness, and quality of life. Chair options always available.</i>