

Class Schedule – Fall 2023 (November 6th- December 15th)



	MONDAY	TU	WEDNESDAY	TH	FRIDAY
10:00a-11:00a			<p>***Basic-assigned individually*** (person may require assist for this slower paced class)</p> <p>Baseline Testing/Orientation Julie 10:15-11:15am</p>		<p>Room 143/133/207 Empowerment Group 10-10:50am (Sharp!)</p> <p>**Room 207 for CG group**</p>
11:00a-12:00p	<p>Pool Aquatics 11:30-12:15p</p> <p>Track Nordic Walking 11:30-12:15p</p>		<p>Room 141 Bal-A-Vis-X Basic 11:30-12:00p</p> <p>Track Nordic Walking Advanced 11:30-12:00p</p> <p>Pool Aquatics 11:30-12:15p</p>		<p>Downstairs F45 11-11:50a</p> <p>Room 141 Fall Prevention 11:15a-12p</p> <p>Room 145 Fall Prevention Basic 11:15a-12p</p>
12:00p-1:00p	<p>Performance suite Cardio 12:30-1:00p</p> <p>Downstairs Cybex Strength training 12:30-1:00p</p>		<p>Room 141 Bal-A-Vis-X 12:15-12:45p</p> <p>Performance suite Cardio 12:15-12:45p</p> <p>Tours 1:00-2:00pm</p>		<p>Group Lunch Social on your own Fuzzy's Taco Shop Social Tap Room</p> <p>Education Series -10-10:45a: 1st Friday-Education Room (105)</p> <p>***Final Friday: 12:00p*** Celebrations, Announcements, Meet and Greet</p>
1:00p-2:00p	<p>Room 141 In Motion 1-1:50p</p> <p>Room 143 In Motion Basic 1-1:50p</p> <p>Downstairs F45 1-1:50p</p>	<p>Downstairs Boxing Basic 1:30-2:45p</p>	<p>Room 141 In Motion 1-1:50p</p>	<p>Downstairs F45 1-1:50p</p>	
2:00p-3:00p	<p>Room 141 Handwriting/Fine Motor- 2nd and 4th Monday's 2:00-2:45p</p>		<p>Room 143 Yoga 2:00-2:45p</p>	<p>Downstairs Boxing Basic 1:30-2:45p</p>	
3:00-4:00p		<p>Downstairs Boxing Advanced 3:00-4:15p</p>		<p>Downstairs Boxing Advanced 3:00-4:15p</p>	
4:00-5:00p					
	<p>Young Onset 2nd and 4th Monday's 6:15p F45 7:00p Empowerment support group</p>				

Tours provided: Wednesday's @ 1:00 pm ****Please call to schedule a tour 316-252-1877**** *****New Member Orientation: Wed @ 10:15 am**

Classes subject to change/cancelation based on participation

WSU approved 10.26.2023

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. **Basic:** new participants; limited balance **Advanced:** requires instructor approval.

Yoga: is 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.

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.

Strength training/Cybox: Join us for progressive resistive training. Cybox machines allow you to stay in proper body alignment, while lifting weights. Studies show that resistive training can especially decrease symptoms of bradykinesia.

Aquatics: 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.

- **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. **Basic:** limited balance; requires assistance; prefers slower pace. **Advanced:** requires no assistance; prefers faster pace.

In Motion: 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.

Functional-45 (F-45): 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.

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 gratitude moment.

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. **Basic:** new participants; prefers slower pace. **Advanced:** experiences; prefers faster pace.

Handwriting/Fine Motor: Strengthen the small muscles of the hands and fingers to improve dexterity for handwriting and many other tasks needed for daily living.

Boxing: Non-contact boxing, circuit training, floor work and stretching. Classes address balance and coordination, motor skills, strength and endurance and stress reduction. **Basic:** limited balance; requires assistance; prefers slower pace. **Advanced:** requires no assistance; prefers faster pace.