

**Member Class Schedule - 2026 Spring (January 05th - May 31st)**

Date	Monday	Tuesday	Wednesday	Thursday	Friday		
9:00a-10:00a					<b>BLUE: Advanced</b> <b>GREY (dark): Intermediate</b> <b>RED: Basic</b> <b>GREY (light): All Levels</b>		
10:00a-11:00a	(Upstairs Track/Outside) <b>NORDIC WALKING</b> All Levels 10:00-10:45a		<b>Coffee Hour: 2nd &amp; 4th Wednesdays - 10AM</b> <b>Floor Class 11:15- 11:45a (All Levels)</b> (Room 143)		(Room 143) <b>Empowerment (PD Member)</b> 10:00-10:45a	(Room 133) <b>Empowerment (PD Member)</b> 10:00-10:45a	(Room 145) <b>Empowerment (Caregiver Member)</b> 10:00-10:45a
11:00a-12:00a	(Room 141) <b>MOVEMENT WITH MUSIC</b> All Levels 11:00-11:45a	(Downstairs) <b>Cybex</b> All Levels 11:00-11:45a	(Room 141) <b>Bal-A-Vis-X</b> Basic 11:15-11:45a	(Pool) <b>AQUATICS</b> All Levels 10:45-11:30a	(Room 145A) <b>Stick Mobility (limited to 12)</b> Basic 11:00-11:45a	Room(141) <b>Balance Builders</b> Intermediate 11:00-11:45a	(F45 Studio) <b>F45</b> Advanced 11:00-11:45a
12:00a-1:00p	(Room 143) <b>PWRI &amp; POSTURE</b> Basic - Chair 12:00-12:45p	(Downstairs) <b>STRETCH &amp; FLEX</b> Advanced- Floor 12:00-12:45p	(Room 141) <b>Bal-A-Vis-X</b> Advanced 12:00-12:45p	(Performance Suite) <b>Cardio</b> All Levels 12:00-12:45p	(Downstairs) <b>BOXING</b> Advanced 12:00-12:45p	<b>Group Lunch Social on your own - 1st Friday only</b> Fuzzy's Taco Shop/ Social Tap	
	<b>Tours 12:00pm</b>		<b>Tours 12:00pm</b>			(Room 143) <b>***Final Friday*: 12:00pm**</b> <b>Celebrations, Announcements, Meet and Greet</b>  <b>Coffee Hour:</b> <b>A fun Social event before classes on the 2nd and 4th Wednesday of every month, we will provide coffee!</b>	
1:00p-2:00p	(Room 143) <b>WELLREP</b> Basic 1:00-1:45p	(Room 141) <b>WELLREP</b> Intermediate 1:00-1:45p	(Downstairs) <b>BOXING</b> Advanced 1:00-1:45p	(Room 145) <b>WELLREP</b> Basic 1:00-1:45p	(Room 141) <b>WELLREP</b> Intermediate 1:00-1:45p	(F45 Studio) <b>F45</b> Advanced 1:00-1:45p	(Downstairs) <b>STRETCH &amp; FLEX</b> Advanced 12:45-1:30p
2:00p-3:00p	(Room 143) <b>Ready, Steady, Write!</b> All Levels <b>2:00-2:45p</b> Jan 05- March 15						(Downstairs) <b>BOXING</b> Basic 1:30-2:15p
	(Room 143) <b>Speakout Loud</b> All Levels <b>2:00-2:45p</b> March 16- May 31						(Downstairs) <b>STRETCH &amp; FLEX</b> Basic <b>2:15-3:00p</b>
			(Room 143) <b>CHAIR YOGA</b> All Levels <b>2:00-2:45p</b>				
				(Room 145A) <b>Stick Mobility (limited to 12)</b> Advanced <b>2:00-2:45p</b>			
6:15p-7:15p							
		(Room 206) <b>ParkBench:</b> <b>evening Empowerment Group</b> <b>4th Tuesday</b> <b>6:00-7:00p</b>					

**Tours provided: Mon. & Wed. @ 12:00 P.M. \*\*Please call to schedule a tour: 316-252-1877\*\***

\* Classes/Room are subject to change/cancellation based on participation\*

\*Date Revised 1.1.26

## Class Schedule - 2026 Spring (January 05th - May 31st)

Class Name	Class Description	Class Name	Class Description
<b>Aquatics: Open Pool Hours: 11:30a-1:30p, 4-8p M-F; 1:30-5p Sa/Su</b>	<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>	<b>PWR! Basic/Posture-Chair  Intermediate/Advanced: Floor</b>	<i>PWR! (Parkinson's Wellness Recovery) is a research-based program using Parkinson's-specific functional movements to improve posture, balance, mobility, and strength—supporting independence and daily function in a safe, supportive, and motivating environment. (Floor): floor transitions are required. (Posture): Focuses more on an enhanced posture.</i>
<b>Bal-A-Vis-X (BAVX):</b>	<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>	<b>Movement with Music:</b>	<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>
<b>Boxing:</b>	<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. This class also helps in hand-eye-coordination.</i>	<b>Nordic Walking:</b>	<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>
<b>Cardio:</b>	<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>	<b>Sing Out Loud Smart Speech:</b>	<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>
<b>WellRep:</b>	<i>A specially designed, evidence-based program that 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>	<b>Strength training/Cybox:</b>	<i>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.</i>
<b>Empowerment Group:</b>	<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>	<b>Stretch and Flex:</b>	<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>
<b>Functional-45 (F-45):</b>	<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>	<b>Yoga:</b>	<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>
<b>Floor Core:</b>	<i>This class will focus on methods to get up and down off the floor. A beginner-friendly Pilates-style class focused on breathwork and core stabilization techniques to build strength, support posture, and enhance balance.</i>	<b>Stick Mobility:</b>	<i>This class uses synthetic plastic sticks for optimal strength, flexibility, and durability and focuses on stretching, improving range of motion, enhancing balance and posture, and activating muscles efficiently. It ideal for improving functional fitness, preventing injuries, and supporting better overall movement in daily activities.</i>
<b>Balance Builders: Advanced</b>	<i>An advanced class designed to improve balance, stability, and coordination through a series of station-based exercises. Participants rotate through different activities that challenge the body in varied ways, helping to strengthen neuromuscular control, enhance posture, and reduce the risk of falls. This class emphasizes functional movements that translate directly to everyday activities, supporting participants in maintaining independence, confidence, and overall mobility.</i>	<b>Balance Builders: Basic</b>	<i>A beginner-friendly class, that focuses on safe, guided movements from seated to standing with equipment assist, as needed. Participants engage in exercises designed to build neuromuscular pathways, improve coordination, and enhance balance and functional strength, supporting everyday activities and independence. By practicing controlled, purposeful movements, this class helps participants stay active, confident, and engaged in daily life, making it an ideal foundation for maintaining mobility and overall well-being.</i>
<b>Ready, Steady, Write!</b>	<i>Writing is so much more than pens and paper! In this group we will READY our posture, shoulder strength and body awareness, STEADY our hands with coordination activities, and WRITE down our progress on paper.</i>	<b>ParkBench: Empowerment Group (4th Tuesday)</b>	<i>"Turning Diagnosis into Direction" A dynamic support group community for young and early onset as part of Club Parkinson's, where diverse people with a common journey share stories, learn together, support one another, and find community.</i>