

Class Schedule – FALL (August 19th- Dec 20th)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
10:00a-11:00a	<p>Black text (Specific start time, if greater than 10 minutes late, kindly wait for the next class)</p> <p>Blue text (Come and go class, no specific start time)</p>		<p style="text-align: center;">***Basic-assigned individually*** (person may require assist for this slower paced class)</p>		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="background-color: #d9ead3; text-align: center;">Downstairs F45 10:30-11:15am</td> <td style="background-color: #d9ead3; text-align: center;">Room 143 PWR! Floor Basic 10:30-11:15am</td> <td style="background-color: #d9ead3; text-align: center;">Room 141 Fall Prevention Advanced 10:30-11:15am</td> </tr> </table>	Downstairs F45 10:30-11:15am	Room 143 PWR! Floor Basic 10:30-11:15am	Room 141 Fall Prevention Advanced 10:30-11:15am		
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2:00p-3:00p	<p style="text-align: center;">Room 143 (Starts Sept. 9th) Smart Speech 2:00-2:45p</p>		<p style="text-align: center;">Room 143 Yoga 2:00-2:45p</p>	<p style="text-align: center;">Boxing Room Stretching Basic & Advanced 1:45 – 2:15p</p>						
3:00p-4:00p			<p style="text-align: center;">**Reminder-Cardio and Cybex can be completed on your own**</p> <p style="text-align: center;">**Nordic walking can be on your own Note- no air conditioning on the track</p>	<p style="text-align: center;">Downstairs Boxing Advanced 2:15-3:00p</p>						
6:00p-8:00p	<p style="text-align: center;">Young Onset 2nd and 4th Monday's (TBD) Room 207 6:15-7:15p Empowerment support group</p>				<p style="text-align: center;">***Pool Closes Dec 12th for maintenance</p>					
<p>Tours provided: Mon. & Wed. @ 12:30 P.M. **Please call to schedule a tour: 316-252-1877**</p>										

Class Name	Class Description	Class Name	Class Description
Aquatics: Open Pool Hours: <i>11:30a-1:30p, 4-8p</i> <i>M-F;</i> <i>1:30-5p Sa/Su</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.	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 include gentle walking rhythm with arm movement to your favorite hits.</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>	PWR! Floor work:	<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.</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>	Smart Speech:	<i>This class will lead to improved voice quality, volume and enhanced speech clarity. Learn exercises to strengthen the muscles used in swallowing. In addition, work on cognitive support for aspects of communication, such as memory, attention and problem-solving skills.</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>	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>
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>	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>
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>	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>
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>	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>
Ping Pong for Good:	<i>Aims to reduce symptoms and slow the progression of neurodegenerative diseases, including Parkinson's. This program harnesses the remarkable benefits of ping pong to optimize brain and body health with hand-eye coordination exercises, skill-building drills, and rally-based gameplay. All aimed at cognitive engagement and improving overall fitness.</i>		