

Class Schedule – SPRING (February 27th - May 17th)

	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 143/133/207 Empowerment Group 10-10:50am (Sharp!) **Room 207 for CG group**		
11:00a-12:00p					Baseline Testing/Orientation Julie 10:15-11:15am (143)				Downstairs F45 11-11:50a	Room 141 Fall Prevention 11:15a-12p	Room 145 Fall Prevention Basic 11:15a-12p
12:00p-1:00p	Pool Aquatics 11:30-12:15p	Track Nordic Walking 11:30-12:15p			Room 141 Bal-A-Vis-X Basic 11:30-12:00p	Track Nordic Walking Advanced 11:30-12:00p	Pool Aquatics 11:30-12:15p		Education Series -10-10:45 am: 1 st Friday-Education Room (143) ***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	Performance suite Cardio 12:15-1:00p	Downstairs Cybex Strength training 12:15-1:00p			Room 141 Bal-A-Vis-X Advanced 12:15-12:45p	Performance suite Cardio 12:00-1:00p	Office Hours: 12-12:45p Connie/Shana Available 12:00pm Tours				
2:00p-3:00p	Room 141 WellRep Advanced 1-1:50p	Room 145 WellRep Basic 1-1:50p	Downstairs F45 1-1:50p		Room 141 WellRep Advanced 1-1:50p	Room 145 WellRep Basic 1-1:50p	Downstairs F45 1-1:50p				
3:00p-4:00p	Room 141 Dance Class 1 st & 3 rd Monday's 2:00-2:45p		Room 133 Handwriting/Fine Motor- 2 nd and 4 th Monday's 2:00-2:45p	Downstairs Boxing Basic 2:00-2:40p	Room 143 Yoga 2:00-2:45p			Downstairs Boxing Basic 2:00-2:40p			
4:00-5:00p				Stretching Boxing Room Basic & Advanced 2:45 – 3:15p				Stretching Boxing Room Basic & Advanced 2:45 – 3:15p			
4:00-5:00p				Downstairs Boxing Advanced 3:15-4:00p				Downstairs Boxing Advanced 3:15-4:00p			
4:00-5:00p	Young Onset 2 nd and 4 th Monday's 6:15p F45 7:00p Empowerment support group Room 207										
Tours provided: Wednesday's @ 12:00 P.M. **Please call to schedule a tour: 316-252-1877** *New Member Orientation: Wed @ 10:15 A.M.*											

Class Name	Class Description	Class Name	Class Description
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>
Nordic Walking/Urban Poling:	<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>	In Motion:	<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>
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>	Strength training/Cybox:	<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>
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>	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>
Aquatics: Open Pool Hours: 6:30-8:30a, 11:30a-1:30p, 4-8p M-F; 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.</i>	Boxing:	<i>Non-contact boxing, circuit training, floor work and stretching. Classes address balance and coordination, motor skills, strength and endurance and stress reduction.</i>
Handwriting/Fine Motor:	<i>Strengthen the small muscles of the hands and fingers to improve dexterity for handwriting and many other tasks needed for daily living.</i>	Dance Class:	<i>A therapeutic approach that utilizes movement and rhythm to improve physical mobility, emotional wellbeing, and overall quality of life. Standing and chair options offered.</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>		