

## Class Schedule-Fall 2022 (Oct 1st - Dec. 20<sup>th</sup>)

	MONDAY	TUES	WEDNESDAY	THUR	FRIDAY
9:00-10:00a					<b>Room 143</b> Meet for Nordic Walking 9:15-10:00a
10:00a-11:00a					<b>Room 143/133</b> Empowerment Group 10-11a
11:00a-12:00p 11:45-12:00p	Appointments for Assessments, Cardio Training and Cybex Training		Appointments for Assessments, Cardio Training and Cybex Training		<b>Room 141</b> Fall Prevention 11a-12p
12:00p-1:00p	<b>Pool</b> Aquatics 11:45-12:30p	<b>Downstairs Cybex</b> Strength training 12-12:45p	<b>Pool</b> Aquatics 11:45-12:30p	<b>Room 141</b> Bal-A-Vis-X Hand eye coordination 12-12:45p	<b>Group Social on your own</b> 1. Fuzzy's 2. Social Tap Room 3. Starbucks 4. Rhatigan Student Center (Chick Fil A, Panda Express, Freddy's)
	<b>Cardio Room</b> Cardio 12:30-1:00p	<b>Room 141</b> Nordic Walking 12:30-1:00p	<b>Cardio/Cybex/Nordic</b> Walking (on your own)	<b>Room 141</b> New Member Orientation 12:30-1:00p	
1:00p-2:00p	<b>Room 141</b> In Motion 1-2p	<b>F-45</b> 1-2p	<b>Room 141</b> In Motion 1-2p	<b>F-45</b> 1-2p	
2:00p-3:00p	<b>Room 143</b> Cognition and Voice 2:00-2:45pm		<b>Room 143</b> Yoga 2:00-2:45 pm		

**Tours provided: Monday's @ 1:00pm & Friday's at 11:00am**

**\*\*Please call for reservation 316-252-1877**

## **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.*

**Tai Chi:** *a balanced-based exercise has been shown to improve strength, balance and physical function to prevent falls in older adults. This program emphasizes rhythmic weight shifting, symmetric foot stepping and controlled movements. Two pilot studies suggest that it may also improve axial symptoms of PD, such as postural stability.*

**Yoga:** *is an effective way to increase flexibility and ward off the rigidity. Research shows that benefits include improved strength, flexibility, balance, overall fitness, and quality of life. Chair options always available.*

**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.*

**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.*

**Aquatics:** *The buoyancy 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.*

**In Motion:** *An exercise class specially designed for older adults 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 in adults over age 50. The program includes a step-by-step approach to improve physical abilities with a variety of simple activities, including cardio/aerobic, flexibility, strength, and balance activities.*

**Functional-45 (F-45):** *With over 5,000 exercises and 45 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.*

**Fun Friday's-** *Coaches choice, this class will vary from week to week. Final Fridays are our Celebration Fridays with a social event!*

**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 combined group gratitude moment.*