

Class Schedule – Spring (January 6th- May 31st) - **STAFF**

	MONDAY			TUESDAY	WEDNESDAY			THURSDAY	FRIDAY		
10:00a-11:00a	NOTICE: Cardio Suite is NOT available from: <ul style="list-style-type: none">10:00 to 10:50am Check – Ins: 10:30 AM: (Tyan)				NOTICE: Cardio Suite is NOT available from: <ul style="list-style-type: none">10:00 to 10:50am New Member Orientation/Check-Ins: 10:15 AM: Janelle/Julie (Tori-check-ins) 02:00 PM: Julie (Tori-check-ins)				Room 143 /133 Empowerment Group (PwP) 10:00-10:45a April/Mindy		Room 145 Empowerment Group (Caregivers) 10:00-10:45a Tyan - CG
11:00a-12:00p	Performance Suite Cardio Basic 11:00-11:45a April + 1 vol.	143 Movement with Music Advanced 11:00-11:45a Jamie, + 1 vol./MS prn	Pool Aquatics 11:30-12:15p Tyan + 1 vol.		141 Bal-A-Vis-X Advanced 11:30-12:00p Mindy, Barry, MS + 2 vol.	Track Nordic Walking 11:00-12:00p Julie, Tori + 1 vol.	Pool Aquatics 11:30-12:15p Janelle + 1 vol.		Room 143 Education Series 10:00-10:45a: 1 st Friday Only		
12:00p-1:00p	Performance Suite Cardio Advanced 12:00- 12:45p April + 1 vol.	143 Movement with Music Basic 12:00-12:45p Jamie, + 1 vol./ MS prn	Room 141 Stretch and Flex Basic 12:00-12:45 p. Darius, Gavin/1 vol.		141 Bal-A-Vis-X Basic 12:15-12:45p Mindy, Barry, MS + 2 vol.	Room 143 Yoga - floor 11:45a-12:30p Julie, +1 vol.			Room 143 **Final Friday: 12:00p** Celebrations, Announcements, Meet and Greet Group Lunch Social on your own Fuzzy’s Taco Shop Social Tap Room		
	Tours 12:30p (Shana/Connie)		Downstairs Cybex Strength training 12:15-1:00p Ariel, +1 vol/MS				Tours 12:30p (Shana/Connie)		Extra Schedule Notes: <ul style="list-style-type: none">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 Classes: are assigned individually (person may require assistance for the slower paced classes).(MS): Member Services		
1:00p-2:00p	Room 141 WellRep Advanced 1:00-1:50p Jana, + 1 vol., Stud., MS prn	Room 143 WellRep Basic 1:00-1:50p Ariel, MS + 1 vol., Stud.	Downstairs Boxing 1:00-1:50p Darius. Gavin/1 vol.		Room 141 WellRep Advanced 1:00-1:50p (Janelle- training) Gavin/MS, Stud. +1 vol	Room 145 WellRep Basic 1:00-1:50p Tori, Gavin, + 2 vol.	Downstairs F45 1:00-1:50p Julie, Gavin/ 1 vol.	Downstairs Boxing for PD Basic 1:00-1:45p Darius + 1 vol.	REMINDER/EXTRA NOTICE: Cardio & Strength Training: Can be completed on your own Nordic Walking: Can be on your own but you must be off the track by 12:00 PM		
2:00p-3:00p	Room 141 Stretch and Flex Advanced 2:00-2:45p Darius, Gavin/1 vol.	Room 143 Ready! Steady! Write! 2:00-2:45p Jana, MS			Room 143 Smart Speech – Starts Jan. 22 nd 2:00-2:45p ST Dept. + MS			Downstairs Stretching Basic & Advanced 1:45 – 2:15p Darius + 1 vol.			
6:15p-7:15p				Room 133 Evening Empowerment 4 th Tuesday 6:00-7:00p				Downstairs Boxing for PD Advanced 2:15-3:00p Darius + 1 vol.			
Tours provided: Mon. & Wed. @ 12:30 P.M.											
Please call to schedule a tour: 316-252-1877											

Classes subject to change/cancelation based on participation

WSU approved 12/12/2024 Office Updated 02/25/2025

Class Schedule – Spring (January 6th- May 31st) - **STAFF**

Class Name	Class Description	Class Name	Class Description
Aquatics: Open Pool Hours: <i>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.	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 includes 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>	Ready! Steady! Write!:	<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 games, crafts and activities, and WRITE! short journal entries to track handwriting progress.</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>	PWR! Hour:	<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. Basic: limited balance; requires assistance; prefers slower pace.</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>	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>
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/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>
Balance Blast:	<i>Balance Blast 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. Advanced: requires no assistance; prefers faster pace.</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>
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>	WellREP:	<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>
Nordic Walking	<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>	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>