

Class Schedule – Fall 2023 (August 21st- December 15th)



	MONDAY			T U	WEDNESDAY			T H	FRIDAY				
10:00a-11:00a					***Basic (slower pace/new members) assigned individually***				Room 143/133/207 Empowerment Group 10-10:50am (Sharp!) **Room 207 for CG group**				
11:00a-12:00p	Pool Aquatics 11:30-12:15p	Downstairs Cybex Strength training 11:30-12:15p			Baseline Testing/Orientation Julie 10:30-11:30am				Downstairs F45 11-11:50a	Room 141 Fall Prevention 11:15-12p	Room 145 Fall Prevention Basic 11:15-12p		
12:00p-1:00p			Cardio Performance suite 12:00-12:30p		Room 141 Bal-A-Vis-X 11:30-12:00p	Pool Aquatics 11:30-12:15p	On your own (Coaches unavailable) 11:30-1:00p Cardio Performance suite Or Cybex Downstairs Or Nordic Walking Outdoors-anytime Indoors-11:30-12pm only		Group Lunch Social on your own Fuzzy's Taco Shop Social Tap Room Education Series -10-10:45a: 1st Friday-Education room (105) ***Final Friday: 12:00p *** Celebrations, Announcements, Meet and Greet				
			Downstairs Cybex Strength training 12:30-1:00p		Room 141 Bal-A-Vis-X Basic 12:15-12:45p								
1:00p-2:00p	Room 141 In Motion 1-1:50p	Room 143 In Motion Basic 1-1:50p	Downstairs F45 1-1:50p		Room 141 In Motion 1-1:50p		Downstairs F45 1-1:50p						
2:00p-3:00p	Room 141 Handwriting/Fine Motor- 2nd and 4th Monday's 2:00-2:45p				Room 143 Yoga 2:00-2:45p								
					Tours 1:00-2:00pm								

Tours provided: Wednesday's @ 1:00pm

Please call to schedule a tour 316-252-1877

***New Member Orientation: Wed @ 10:30am.

Connie/Shana will provide tours on Wednesdays @ 1:00pm

Classes subject to change/cancelation based on participation

WSU approved 8.15.2023

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. **Basic:** new participants; limited balance **Advanced:** requires instructor approval.

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.

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.

Strength training/Cybex: 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.

Aquatics: 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.

- **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. **Basic:** limited balance; requires assistance; prefers slower pace. **Advanced:** requires no assistance; prefers faster pace.

In Motion: 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.

Functional-45 (F-45): 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.

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 gratitude moment.

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. **Basic:** new participants; prefers slower pace. **Advanced:** experiences; prefers faster pace.

Handwriting/Fine Motor: Strengthen the small muscles of the hands and fingers to improve dexterity for handwriting and many other tasks needed for daily living.