CLUB PARKINSON'S
WELLNESS • FITNESS • EDUCATION

Class Schedule - 2026 Fall (September 8th - December 18th)

Date	Monday	Tuesday	Wednesday	Thursday	Friday
10:00a-11:00a			**Cardio & Strength Training: Can be completed on your own; no specific start time.** **Coffee Hour 2nd and 4th Wednesday** (Room 143) - 10AM		(Room 143) **Empowerment (PwP)** **10:00-10:45a** (Room 133) **Empowerment (PwP)** **10:00-10:45a** (Room 145) **Empowerment (CG)** **10:00-10:45a**
11:00a-12:00p	(Room 141) **Movement with Music** All Levels **11:00-11:45a** (Upstairs Track/Outside) **Nordic Walking** All Levels **11:00-11:45a** ****Oct 12- Dec 14****		(Room 143) **(Floor) PWR!** Advanced **11:00-11:45a** **(Pool) Aquatics TO BE DETERMINED** (Room 141) **Bal-A-Vis-X** Basic **11:15-11:45a**		(Room 145A) **Stick Mobility** Basic **11:00-11:45a** (Room 141) **Balance Builders** Intermediate **11:00-11:45a** (F45 Studio) **F45** Advanced **11:00-11:45a**
12:00p-1:00p	(Room 141) **(Chair) PWR! & Posture** Basic **12:00-12:45p** **(Pool) Aquatics TO BE DETERMINED** (Downstairs) **(Floor) Stretch & Flex** Advanced **12:00-12:45p** **Tours 12:00pm**		(Room 143) **(Chair) PWR! & Core** Basic **12:00-12:45p** (Performance Suite) **Cardio MindFlex!** All Levels **12:10-12:45p** (Room 141) **Bal-A-Vis-X** Advanced **12:00-12:45p** **Tours 12:00pm**	(Downstairs) **Boxing** Advanced **12:00-12:45p** (Downstairs) **Stretch & Flex** Advanced **12:45-1:30p**	(Room 143) ****Final Friday: 12:00pm**** **Celebrations, Announcements, Meet and Greet** **Group Lunch Social on your own - Each Friday** **Fuzzy's Taco Shop/ Social Tap Room** **Extra Schedule Notes**: Specific start time, if greater than 10 minutes late, kindly wait for the next class **Advanced:** Highest aerobic, cognitively and physically challenged class **Intermediate:** Standing, higher aerobic, cognitively challenging class between Basic and Advanced **Basic Classes:** Seated, moderately cognitively and physically challenging class; person may require assistance for this slower paced classes **REMINDER:** **Educational Series 1st Friday Room 143**
1:00p-2:00p	(Room 141) **WellREP** Basic **1:00-1:45p** **Tori** (Room 143) **Floor PWR!** Intermediate **1:00-1:45p** **Tyan** (Downstairs) **Boxing** Advanced **1:00-1:45p**		(Room 141) **WellREP** Basic/Intermediate **1:00-1:45p** (Room 143) **Stick Mobility** Intermediate **1:00-1:45p** *(limited to 12)* (F45 Studio) **F45** Advanced **1:00-1:45p**	(Downstairs) **Boxing** Basic **1:30-2:15p**	
2:00p-3:00p	(Room 143) **Smart Speech** All Levels **2:00-2:45p** *****Sept 14 - Nov 30*****		(Room 143) **Cognitive Connections** All Levels **2:00-2:45p**		
6:15p-7:15p		(Room 206) **ParkBench: Evening Empowerment Group** *4th Tuesday* **6:00-7:00p**			

Tours provided: Mon. & Wed. @ 12:00 A.M. **Please call to schedule a tour: 316-252-1877**

Classes subject to change/cancelation based on participation

09/04/26

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Class Name	Class Description	Class Name	Class Description
Aquatics: **Open Pool Hours:** 11:30a-1: 30p, 4-8p M-F; 1:30-5p Sa/Su	*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.*	**PWR!** **(Chair) Basic/Posture (Floor) Intermediate/Advanced:**	*PWR! (Parkinson's Wellness Recovery) is a research-based program using Parkinson's-specific functional movements to improve posture, balance, mobility, and strength—supporting independence and daily function in a safe, supportive, and motivating environment. (Floor): floor transistions are required. (Posture): Focuses more on an enhanced posture.*
Bal-A-Vis-X:	*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.*	**Movement with Music:**	*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.*
Boxing:	*Non-contact boxing, circuit training and 15-30 min of stretching. Classes address balance and coordination, motor skills, strength and endurance and stress reduction. This class also helps in hand-eye-coordination.*	**Nordic Walking:**	*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.*
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.*	**Sing Out Loud Smart Speech:**	*This class will help work on improved voice quality, volume, breath support, and stamina in a fun and interesting way. Don't be shy, we'll sing as a group!*
WellRep:	*A specially designed,evidence-based program that uses functional fitness movements and light dumbbell training to improve strength, balance, and mobility. To enhance daily function and support independence. All in a safe, supportive, and motivating environment.*	**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.*
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*	**Stretch and Flex:**	*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.*
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.*	**Coginitive Connections**	*This class focuses on supporting memory, attention, problem-solving, and processing speed through engaging, screen-based programming and game-based cognitive activities.*
Floor Core:	*This class will focus on methods to get up and down off the floor. A beginner-friendly Pilates-style class focused on breathwork and core stabilization techniques to build strength, support posture, and enhance balance.*	**Stick Mobility:**	This class uses synthetic plastic sticks for optimal strength, flexibility, and durability and focuses on stretching, improving range of motion, enhancing balance and posture, and activating muscles efficiently. It ideal for improving functional fitness, preventing injuries, and supporting better overall movement in daily activities.
Balance Builders:	An advanced class designed to improve balance, stability, and coordination through a series of station-based exercises. Participants rotate through different activities that challenge the body in varied ways, helping to strengthen neuromuscular control, enhance posture, and reduce the risk of falls. This class emphasizes functional movements that translate directly to everyday activities, supporting participants in maintaining independence, confidence, and overall mobility.	**Balance Builders:**	Balance Builders is an advanced class designed to improve balance, stability, and coordination through a series of station-based exercises. Participants rotate through different activities that challenge the body in varied ways, helping to strengthen neuromuscular control, enhance posture, and reduce the risk of falls. This class emphasizes functional movements that translate directly to everyday activities, supporting participants in maintaining independence, confidence, and overall mobility.
Mindful Motor Moves!	Focuses on fine motor activities designed to improve hand strength, dexterity, and coordination. Through purposeful movements and engaging tasks, participants work on grip strength, finger control, precision, and everyday functional skills in a fun and supportive environment.	**ParkBench: Empowerment Group (4th Tuesday)**	"Turning Diagnosis into Direction" A dynamic support group community for young and early onset as part of Club Parkinson's, where diverse people with a common journey share stories, learn together, support one another, and find community.