

Member Class Schedule - 2025 Fall (August 18th - December 19th)

Doto	WELLNESS + FITNESS + EDUCATION	Monday		Tuesday				Thomas	F.1.		
Date		Monday		Tuesday		Wednesday		Thursday		Friday	
9:00a- 10:00a	Cardio On Your Own Performance Suite Strength Training On Your Own Downstairs Cybex				Cardio On Your Own Performance Suite Strength Training On Your Own Downstairs Cybex				BLUE: Advanced GREY (dark): Intermediate RED: Basic GREY (light): All Levels		
10:00a- 11:00a					Coffee Hour 2nd and 4th Wednesday (Room 143)				(Room 141) Empowerment (PwP) 10:00-10:45a	(Room 133) Empowerment (PwP) 10:00-10:45a	(Room 145) Empowerment (CG) 10:00-10:45a
_	(Nordic Walking - Starts Oct 1st, 10am) (Pool) AQUATICS				(Pool) AQUATICS			(Room 143) Education Series 10:00-10:45a: 1st Friday Only			
11:00a- 12:00p	(Downstairs Cybex) STRENGTH TRAINING All Levels 11:00-11:45a	(Room 141) MOVEMENT WITH MUSIC All Levels 11:00-11:45a	All Levels 10:45-11:30a		(Room 143) (Chair) PWR! Basic 11:00-11:45a	All Levels 10:45-11:30a	(Room 141) Bal-A-Vis-X (Advanced) 11:00-11:45a		(Room 145) MOVEMENT WITH I All Levels 11:00-11:45a		(F45 Studio) F45 Advanced 11:00-11:45a
12:00p- 1:00p	(Room 143) PWR! & POSTURE (Basic - Chair) 12:00-12:45p	(Room 141) FLOOR PWR! Intermediate 12:00-12:45p	(Downstairs) STRETCH AND FLEX (Advanced-Floor) 12:00-12:45p	:)	(Room 141) Bal-A-Vis-X Balsic 12:00-12:45p	(Performance Suite) CARDIO All Levels 12:00-12:45p	(Downstairs) FLOOR/PWR! & CORE Intermediate/Advanced 12:00-12:45p	(Downstairs) BOXING Advanced 12:00-12:45p	Group Lunch Social on your own Fridays starting in September Fuzzy's Taco Shop, Social Tap (Room 143) **"Final Friday Celebration": 12:00pm** Celebrations, Announcements, Meet and Greet		I Tap 12:00pm**
	Tours 12:00pm				Tours 12:00pm			(D			
1:00p- 2:00p	(Room 143) WELLREP Basic 1:00-1:45p	(Room 141) WELLREP Intermediate 1:00-1:45p	(Downstairs) BOXING Advanced 1:00-1:45p		(Room 141) WELLREP Basic 1:00-1:45p	(Room 141) WELLREP Intermediate 1:00-1:45p	(F45 Studio) F45 Advanced 1:00-1:45p	(Downstairs) STRETCH AND FLEX Advanced 12:45-1:30p	Coffee Hour: A fun Social event before classes on the 2nd and 4th Wednesday of every month we will provide coffee!		
2:00p- 3:00p		(Room 143)					(Downstairs) BOXING Basic 1:30-2:15p	Extra Schedule Notes: Specific start time, if greater than 10 minutes late kindly wait for the next class			
3.00p	8/18, 8/25 (Sing Out Loud) Smart Speech All Levels 2:00-2:45p ST Department (Starts 9-8-25)				(Room 143) CHAIR YOGA All Levels 2:00-2:45p			(Downstairs) STRETCH AND FLEX Basic 2:15-3:00p	Advanced: Highest aerobic, cognitively and physically challenged class. Intermediate: Standing, higher aerobic, cognitively challenging class between Basic and		
									Seated, moderately	Advanced. n be combined with Adv. Basic Classes: cognitively and physical ire assistance for this sl	ally challenging class;
6:15p- 7:15p				(Room 205) Evening Empowerment 4th Tuesday 6:00-7:00p						REMINDER: ardio & Strength Train d all week on your own;	
				Tours	provided: Mon. & Wed. @	12:00 P.M. **Please call to s	chedule a tour: 316-252-18	77**			
* Classe	* Classes/Room are subject to change/cancellation based on participation*										



Class Schedule - Summer (August 18th - December 19th)

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.	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 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.	Yoga	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.
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.		