

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

*** 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	<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.</i>	PWR! (Chair) Basic/Posture (Floor) Intermediate/Advanced	<i>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 transitions are required. (Posture): Focuses more on an enhanced posture.</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>	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>
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>	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>
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>	Sing Out Loud Smart Speech	<i>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!</i>
WellRep	<i>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.</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>
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>	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>	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>
Floor Core	<i>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.</i>		