

# 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					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	Pool Aquatics 11:30-12:15p		Downstairs Cybex Strength training 11:30-12:15p		Room 141 Bal-A-Vis-X 11:30-12:00p	Pool Aquatics 11:30-12:15p	On your own 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: 1 <sup>st</sup> Friday-Education room (105)  ***Final Friday: 12:00p *** Celebrations, Announcements, Meet and Greet		
			Cardio Performance suite 12:00-1:00p		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- 2 <sup>nd</sup> and 4 <sup>th</sup> Monday's 2:00-2:45p				Room 143 Yoga 2:00-2:45p						

**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/Cybox:** 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.