

Class Schedule – SUMMER (June 3rd - June 28th)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00a-11:00a	Black text (Specific start time, if greater than 10 minutes late, kindly wait for the next class)		***Basic-assigned individually*** (person may require assist for this slower paced class)		Summer Games Examples include (bring your poles) Pickle Ball Ping Pong Nordic Walking 10:00-10:50am
11:00a-12:00p			Baseline Testing/Orientation Julie 10:15-11:15am (145)		Downstairs F45 11-11:50a
	145 Floor Class 11:30-12:15p	Pool Aquatics 11:30-12:15p	Room 145 Bal-A-Vis-X Basic 11:30-12:00p	Performance Suite Cardio room 11:30-12:45p	Pool Aquatics 11:30-12:15p
12:00p-1:00p	Performance suite Cardio 12:15-1:00p	Downstairs Cybex Strength training 12:15-1:00p	Room 145 Bal-A-Vis-X Advanced 12:15-12:45p	Office Hours: 12-12:45p Connie or Shana 12:00pm Tours	Room 145 Fall Prevention 11:15a-12p
1:00p-2:00p	Room 145 WellRep Combined 1-1:50p	Downstairs Advanced Boxing 1-2:00pm	Room 145 WellRep Combined 1-1:50p	Downstairs F45 1-1:50p	Education Series -10-10:45 am: 1 st Friday-Education Room (105)
2:00p-3:00p			Room 145 Yoga 2:00-2:45p	Downstairs Boxing Basic 2:00-2:40p	***Final Friday: 12:00p *** Celebrations, Announcements, Meet and Greet
3:00p-4:00p			**Reminder-Cardio and Cybex can be completed on your own**	Stretching Boxing Room Basic & Advanced 2:45 – 3:15p	Group Lunch Social on your own. Fuzzy's Taco Shop Social Tap Room
				Downstairs Boxing Advanced 3:15-4:00p	*June 19th- Heskett Center is closed
4:00-5:00p					
6:00-8:00pm	Young Onset 2 nd and 4 th Monday's Room 207 6:15-7:00 p Empowerment support group 7:00-7:45p F45				
Tours provided: Wednesday's @ 12:30 P.M. **Please call to schedule a tour: 316-252-1877** *New Member Orientation: Wed @ 10:15 A.M.*					

Class Name	Class Description	Class Name	Class Description
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>	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>
Nordic Walking/Urban Poling:	<i>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.</i>	WellREP (In Motion):	<i>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.</i>
Summer Games:	<i>From Ping Pong to Pickle Ball to Nordic Walking and beyond... Let's enjoy some fun together!</i>	Strength training/Cybox:	<i>Join us for progressive resistive training. Cybox machines allow you to stay in proper body alignment, while lifting weights. Studies show that resistive training can especially decrease symptoms of bradykinesia.</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>	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>
Aquatics: Open Pool Hours: <i>6:30-8:30a, 11:30a-1:30p, 4-8p M-F; 1:30-5p Sa/Su</i>	<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>	Boxing:	<i>Non-contact boxing, circuit training, floor work and stretching. Classes address balance and coordination, motor skills, strength and endurance and stress reduction.</i>
Fall Prevention:	<i>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.</i>	Functional/Floor work	<i>This class will focus on methods to get up and down off the floor. PWR! floor exercises for increased core strength and functional mobility. Also, functional ability tasks will be trained. Find ways to help decrease FOG, smoother turns and improve your gait pattern.</i>