

Class Schedule - 2025 Summer (June 30th - August 15th)

Date	Monday			Tuesday	Wednesday			Thursday	Friday		
	NOTICE: Cybex on your own Check-ins: 11:00 Tori (or Admin) New Member Orientation: 10:30 AM - Tori 1:15 PM - Tori/Janelle				NOTICE: Cardio/Cybex on your own Check-ins: 9:00, 1:00 Jana New Member Orientation: 8:30 AM - Julie 1:00 PM - Jana				BLUE: Advanced GREY (dark): Intermediate RED: Basic GREY (light): All Levels		
10:00a-11:00a	(Performance Suite) Cardio All Levels 10:00-10:45a Gavin		(Room 145) Floor Core Advanced 10:00-10:45a Janelle		(Downstairs Cybex) Strength Training All Levels 10:00-10:45a Gavin	(F45 Studio) F45 Advanced 10:00-10:45a Julie	(Room 141) Bal-A-Vis-X Basic 10:15-10:45a Mindy		(Room 145) Empowerment (PwP) 10:00-10:45a April	(Room 143) Empowerment (PwP) 10:00-10:45a Mindy	(Room 207) Empowerment (CG) 10:00-10:45a Tyan
									(Room 105) Education Series 10:00-10:45a: 1st Friday Only		
11:00a-12:00p	(Room 143) (Chair) PWR! Basic 11:00-11:45a Jana	(Room 145) (Floor) PWR! Intermediate 11:00-11:45a Janelle	(Downstairs) Boxing Advanced 11:00-11:45a Darius		(Room 143) Chair PWR! Basic 11:00-11:45a Jana	(Room 145) Floor PWR! Intermediate 11:00-11:45a Julie	(Room 141) Bal-A-Vis-X Advanced 11:00-11:45a Mindy		(Room 143) (Chair) PWR Basic 11:00-11:45p Mindy	(Room 145) (Floor) PWR Intermediate 11:00-11:45p April	(F45 Studio) F45 Advanced 11:00-11:45a Tyan, Gavin
	Tours 11:00am Connie				Tours 11:00am Shana						
12:00p-1:00p	(Pool) Aquatics All Levels 12:00-12:45p Janelle	(Room 143) Enhanced WellRep Basic 12:00-12:45p Gavin, Jana	(Room 141) Enhanced WellRep Intermediate/Advanced 12:00-12:45p Darius, Tori		(Pool) Aquatics All Levels 12:00-12:45p Julie	(Room 143) Enhanced WellRep Basic 12:00-12:45p Jana	(Room 141) Enhanced WellRep Intermediate/Advanced 12:00-12:45p April, Gavin	(Downstairs) Boxing Advanced 12:00-12:45p Darius	<div>(Room 143) **Final Friday: 12:00pm** Celebrations, Announcements, Meet and Greet Group Lunch Social on your own - 1st Friday only Fuzzy's Taco Shop Social Tap Room</div> <div>Extra Schedule Notes: Specific start time, if greater than 10 minutes late, kindly wait for the next class</div> <div>Advanced: Highest aerobic, cognitively and physically challenged class</div> <div>Intermediate: Standing, higher aerobic, cognitively challenging class between Basic and Advanced</div> <div>Basic Classes: Seated, moderately cognitively and physically challenging class; person may require assistance for this slower paced classes</div> <div>REMINDER: Cardio & Strength Training: Can be completed on your own; no specific start time</div>		
1:00p-2:00p	(Room 143) Sing Out Loud All Levels 1:00-1:45p Lydia		(F45 Studio) F45 Advanced 1:00-1:45p Gavin		(Room 143) Movement with Music All Levels 1:00-1:45p April	(F45 Studio) F45 Advanced 1:00-1:45p Gavin		(Downstairs) Stretch and Flex Advanced 12:45-1:30p Darius			
2:00p-3:00P								(Downstairs) Boxing Basic 1:30-2:15p Darius			
				(Downstairs) Stretch and Flex Basic 2:15-3:00p Darius							
6:15p-7:15p				(Room 145) Evening Empowerment 4th Tuesday 6:00-7:00p Ariel (Marissa Sub)							

Tours provided: Mon. & Wed. @ 11:00 A.M. **Please call to schedule a tour: 316-252-1877**

* Classes subject to change/cancelation based on participation*

6.24.25

Class Schedule - Summer (June 30th - August 1st)

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!	<i>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.</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>	PWR! Hour:	<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. Basic: limited balance; requires assistance; prefers slower pace.</i>
Enhanced 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>	Sing Out Loud	<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>
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>	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>
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>	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>
Floor Core	<i>A beginner-friendly Pilates-style class focused on breathwork and core stabilization techniques to build strength, support posture, increase flexibility, and enhance balance.</i>		