

Classes

Body Balance

Tuesday and Thursday

1:30pm

This class works on balance, posture, walking, rotation, multitasking, and freezing. Brainwork exercises focus on symptoms specific to Parkinson's disease, but anyone will find these beneficial, especially as we age. Core and body strengthening are always included. If you struggle with falls, need a little help getting out of a chair or off the floor, or use a cane/walker, this class is for you. We will show modifications to make it more challenging or less intense.

Brain/ Body * Dementia specific

Wednesday

130pm

Our brainwork focus in this class is on memory and cognition using multitasking, sequencing and other brain and body challenges. We will still work balance, posture, strength, coordination and joint mobility. Join this class if you need a little help with balance, are able to get out of a chair without assistance, need a bit of help getting down to the floor and can understand verbal instructions. We will show modifications to make it less challenging, or more intense.

Function First Bootcamp

Mondays

12:30 pm

****Higher functioning
Parkinson's Clients**
Join this class for a rigorous workout that also focuses on symptom-specific exercises for Parkinson's, which are also great for everyone as we age. We will get up and down from the floor and perform strength/core exercises designed to challenge you. This workout targets participants that rarely struggle with balance and can sustain 80 – 85% heart rate elevation for short periods.

BarrowFit



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