

Struthers Parkinson's Center Exercise Class Descriptions

CHAIR YOGA: Mondays, 11:05AM – 11:55PM

Intensity Level: Light

Criteria: Be able to meet own needs for mobility and personal cares while in the building, or else be accompanied by an assistant.

Description: Gentle stretches and poses done while seated in a chair with attention to posture and breathing. Class ends with a guided relaxation practice. Depending upon ability, some exercises may be done standing with support of a chair.

MOVEMENT BOOSTERS: Wednesdays, 11:05AM – 11:55PM

Intensity Level: Moderate

Criteria: Be able to stand unassisted with endurance to tolerate a medium pace of activity for 60 minutes. A chair will be present for all standing tasks.

Description: This is a comprehensive, active exercise class designed to work on increased strength, flexibility, balance and agility. Particular emphasis will be on increasing awareness of making larger movements. Primarily standing exercises using support as needed.

PWR! (Parkinson Wellness Recovery): Thursdays, 3:05 – 3:55PM

Intensity Level: High

Criteria: Be able to get on and off the floor without a chair or assistance. Be able to perform high intensity/short duration circuit drills without significant stability or aerobic exercise concerns

Description: High intensity class using large, whole-body movement; based on principles of Parkinson Wellness Recovery (PWR!). Activities will be taught in routine or circuit format and will challenge high level balance, coordination, agility, endurance, and strength; movement patterns involve rocking, turning, reaching, and stepping. Includes kneeling and floor exercises.

MOVEMENT BOOSTERS: Fridays, 11:05AM – 11:55PM

Intensity Level: Moderate

Criteria: Be able to stand unassisted with endurance to tolerate a medium pace of activity for 60 minutes. A chair will be present for all standing tasks.

Description: This is a comprehensive, active exercise class designed to work on increased strength, flexibility, balance and agility. Particular emphasis will be on increasing awareness of making larger movements. Primarily standing exercises using support as needed.