

### Parkinson's Disease Virtual Wellness Groups Master Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Flex & Stretch 10:00-11:00 am Emily	Wellness I 10:00-11:00 am Steph	Wellness II 10:00-11:00 am Hillari	Flex & Stretch 10:00-11:00 am Hillari	PWR!® Moves 10:00-11:00 am Steph
	LOUD Crowd®2 1:00-2:00 pm Jen	LOUD Crowd®2 11:00 am-12:00 pm Christy	Chair Yoga w/Hillari 11:00-11:55 am (call 612-467-3745 to schedule)	LOUD Crowd®2 1:00-2:00 pm Bri
LOUD Crowd®1 1:00-2:00 pm Christy				Wellness II 2:00-3:00 pm Hillari
PWR!® Moves 2:00-3:00 pm Hillari			Wellness I 2:00-3:00 pm Emily	

#### Class Descriptions (All classes are 50-60 minutes in length)

- **Wellness I:** Exercise with high intensity and strength training intervals for a great total body workout. Modified exercises given for sitting and standing. **All levels.**
- **Wellness II:** Exercise with high intensity and strength training intervals for a total body workout. Must be able to easily transfer down and up from the floor.
- **PWR!® Moves:** A Parkinson-specific exercise class that “makes function exercise” to keep you moving and doing more of what you want to do! You will be challenged physically and cognitively with exercises to improve fitness, counteract your PD symptoms and increase your daily activity. **All levels.**
- **Flex & Stretch:** Gain strength and flexibility in this class. **All levels.**
- **Chair Yoga:** Enjoy mindfulness, flexibility, balance and strength work from a seated and/or standing position. **All levels.**
- **LOUD Crowd®1:** Practice effective communication by “Speaking with Intent,” for those that need a little extra help or time.
- **LOUD Crowd®2:** Practice effective communication by “Speaking with Intent.”