**Exercise Classes Timetable 2021**

Please contact our Physiotherapist before starting any of the classes below.

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| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **10:00am** | Shake Rattle and Roll |  | Parkinson’s Power | Shake Rattle and Roll |  |
| **10:00am – 12:00pm** |  |  |  |  | Open Gym |
| **10:15am** |  | Parkinson’s Crusaders |  |  |  |
| **11:00am** | Top to Toe |  | Parkinson’s Power | Shake Rattle and Roll |  |
| **11:30am** |  | Top to Toe |  |  |  |
| **1:00pm** |  |  |  |  | Re-Tread |
| **1:00pm – 3:00pm** | Open Gym |  | Open Gym |  |  |
| **1:30pm** |  | Yoga at St Martin’s Community Centre \* |  |  |  |
| **2:15pm** |  |  |  | Yoga |  |

Location of most classes is MS and Parkinson’s Society Gym except for classes with \*

All classes are approximately 1 hour unless otherwise stated.

Tuesday Yoga: St Martin’s Community Centre, 122 Wilsons Road.

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| **Class Name** | **Description** | **Cost** | **Instructor** |
| Shake Rattle and Roll | Innovative, fun and safe exercise for people with Parkinson’s. Yo9u need to be able to get on/off floor independently and follow instructions. | $8  Concession  8 Classes $56 | Kim |
| Top to Toe | Mostly chair based exercises with opportunity to also use some gym equipment with assistance. You need to be able to get into/out of a chair with little or no help or use your own wheelchair. A cheerful and fun group suitable for people with Parkinson’s or MS. | $8  Concession  8 Classes $56 | Kim |
| Parkinson’s Crusaders | Innovative, fun and safe exercise for people with Parkinson’s.  If you have memory problems or have difficulty following instructions this is the class for you. | $8  Concession  8 Classes $56 | Kim |
| Parkinson’s Power | Parkinson’s Power is a high energy class for those who are in the early stages of their Parkinson’s and looking for a BIG challenge! We focus on exercises that make you work hard and challenge your balance and coordination. You must be in good general health to join this class. This class is not suitable for people who have had previous falls or experience freezing. | $8  Concession  8 Classes $56 | Anna |
| Re-Tread | Mostly chair based exercises with opportunity to also use some gym equipment with assistance. You need to be able to get into/out of a chair with little or no help or use your own wheelchair. A cheerful and fun group suitable for people with MS. | $8  Concession  8 Classes $56 | Kim |
| Yoga | Yoga class suitable for people with Parkinson’s or MS. You need to be able to get on/off floor independently, stand with minimal or light support and follow instructions. | $8  Concession  8 Classes $56 | Lisa |
| Open Gym | The gym is open to complete your own physio prescribed exercise programmes under supervision. | $8  Concession  8 Classes $56 | Tara |