

# Exercise Classes Timetable 2021

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

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.

<b>Class Name</b>	<b>Description</b>	<b>Cost</b>	<b>Instructor</b>
Shake Rattle and Roll	Innovative, fun and safe exercise for people with Parkinson's. You 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