



**Multiple Sclerosis  
& Parkinson's**  
CANTERBURY



# Exercise Class Timetable

## Exercise is for everyone

Why not make an appointment with our Physiotherapist Tara who can help you find the exercise group that is the most suitable for you?

## Tailored exercise programmes

Whether you would like to use our gym, your local gym or workout at home, speak to Tara or Lee to get you started.

**Please note: Under Level 2 COVID restrictions, all classes and open gym sessions must be booked**

## Timetable From 14 October 2021

### Monday

9.45am	Shake Rattle and Roll
11am	Top to Toe
12.45pm – 1.45pm	Open Gym (Session 1)
2pm – 3pm	Open Gym (Session 2)

### Tuesday

9.45am	Shake Rattle and Roll
11.15am	Top to Toe
1pm	Top to Toe (formerly Retread)
1.30pm	Yoga at St Martin's Community Centre*

### Wednesday

12.45pm – 1.45pm	Open Gym (Session 1)
2pm – 3pm	Open Gym (Session 2)

### Thursday

9.45am	Shake Rattle and Roll
11am	Top to Toe
2.15pm	Yoga

### Friday

9.45am – 10.45am	Open Gym (Session 1)
11am – 12pm	Open Gym (Session 2)
1pm	Parkinson's Power

\*Classes are approximately 1 hour and held at 49 Sir William Pickering Drive with exception of Tuesday Yoga which is held at St Martin's Community Centre, 122 Wilson's Road.

## Class Details

### Shake Rattle and Roll

Innovative, fun and safe exercise for people with Parkinson's. You need to be able to get on and off the floor independently and follow instructions.

**Cost: \$8**      **Instructor: Kim**

### Top to Toe (formerly Retread)

Mostly chair based exercises with the opportunity to use some gym equipment with assistance. You need to be able to get in and 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.

**Cost: \$8**      **Instructor: 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.

This class is not suitable for people who experience regular falls or freezing.

**Cost: \$8**      **Instructor: Tara**

### Yoga

Yoga class suitable for people with Parkinson's or MS. You need to be able to get on or off the floor independently, stand with minimal or light support and follow instructions.

**Cost: \$8**      **Instructor: Lisa**

### Open Gym

The gym is open to complete your own physio prescribed exercise programmes under supervision.

**Cost: \$8**      **Instructor: Tara or Lee**



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You will also find this timetable on our website if you need to check times.