



**Multiple Sclerosis
& Parkinson's**
CANTERBURY



Exercise Class Timetable

Exercise is for everyone

Book all classes and open gym sessions online or phone 03-366 2857

If you haven't attended a class for 6 months or you have any questions regarding suitability of classes, please email us.

support@ms-pd.org.nz

Classes are approximately 50 minutes.

Class Details

Parkinson's Potential

Instructor: Amanda

A fun and innovative class for people with Parkinson's. Exercises are mostly completed standing to challenge your balance, coordination and get you puffing. We include practice of functional skills you need to keep your Parkinson's problems in check. You will need to be able to get on and off the floor independently and follow instruction

Top to Toe

Instructor: Amanda

A cheerful and fun exercise class for people with MS or Parkinson's. We focus on using your whole body to keep you as fit as possible, regardless of any walking or balance difficulties you may have. Most exercises are done sitting with some standing exercises an option for those who are able and want to work on their balance. This class is suitable for people who use a walking aid or a wheelchair. Support persons welcome.

Parkinson's Power

Instructor: Amanda

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.

Gym Circuit

Instructor: Lee

This is a circuit based exercise class using the gym equipment. This is the perfect option for people who need more support to exercise and use gym equipment. Suitable for people who use a wheelchair, need a little bit of extra support to get the most from their exercise programme, or who have difficulty following instructions. Support persons welcome

Open Gym

Instructor: Lee

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

Cost per Session

Concession Cards	\$8.50 per sessions
Casual Classes	\$10 per session
Concession Card Cost	\$68 for 8 sessions
	\$127.50 for 15 sessions

Timetable September 2022

Monday

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

Tuesday

9.45am Gym Circuit
11am Gym Circuit

Wednesday

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

Thursday

9.45am Parkinson's Potential
11am Top to Toe
12.45pm Parkinson's Power

Friday

9.45am - 10.45am Open Gym (Session 1)
11am - 12pm Open Gym (Session 2)



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