



**Multiple Sclerosis  
& Parkinson's**  
CANTERBURY  
*strong connections*



# Exercise Class Timetable

**Exercise is for everyone**

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

Please check in to reception prior to your class

Classes are approximately 50 minutes.

## Timetable January 2023

### Monday

12.45pm - 1.45pm Open Gym  
2pm - 3pm Open Gym

### Tuesday

9.45am Gym Circuit  
11am Gym Circuit

### Wednesday

12.45 - 1.45pm Open Gym  
2pm - 3pm Open Gym

### Thursday

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

### Friday

9.45 - 10.45 Open Gym  
11am - 12pm Open Gym

## 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.

### 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/Amin**

The gym is open to complete your exercise programme prescribed by the exercise physician 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



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