



Gaitway Neurophysio Group Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 AM						
10 AM	Tai Chi (10-11 am)	PD Warrior (10-11 am)	Falls Prevention (10-11 am)		Falls Prevention (10-11 am)	Rock Steady Boxing (9:15-10:15 am)
11 AM					Dynamic Movement (11-12 pm)	
12 PM	Chair Pilates (12-1 pm)		Mat Pilates (12-1 pm)			Hybrid PWR! Class (12-1 pm)
1 PM	Rock Steady Boxing (1-2 pm)	PD Class (1-2 pm)	Rock Steady Boxing (1-2 pm)	PD Class (1-2 pm)	Rock Steady Boxing (1-2 pm)	
2 PM				PWR! Class (2-3 pm)		
3 PM						
4 PM						
5 PM						
6 PM						
7 PM		Rock Steady Boxing (6-7 pm)				

Class Descriptions 

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Pilates

- Low intensity
- Focus on building strong core muscles
- Integrates breath and movement with proper body mechanics
- Using dumbbells, resistance circle rings and pilates balls

Rock Steady Boxing

- Focus on overall fitness
- Non-contact boxing
- Circuit style using heavy bags, focus pads, speed bags and other fitness equipment

Dynamic Movement

- Seated exercise class
- Focus on mobility
- Challenge your range of motion while focusing on breathing

Tai Chi

- Low impact
- Gentle, non-strenuous
- Deliberate, flowing movements
- Controlled breathing

PD Class

- Low intensity
- Seated exercise class
- Large amplitude, high effort and attention to action
- Using smovey rings, boomwhackers and other fitness equipment

PWR! Class

- High intensity
- Standing exercise class
- Using smovey rings, boomwhackers and other fitness equipment

Falls Prevention

- Focus on the main components that influence/lead to falls
- Circuit style
- Challenge balance and ability to multitask

PD Warrior

- High intensity
- Strong, powerful and purposeful movements
- 10 core exercises
- Using a plush ball, scarves, resistance bands and spots