



Gaitway Neurophysio Group Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 AM						
10 AM	REGISTER Falls Prevention (10-11 am)	PD Warrior (10-11 am)	REGISTER Falls Prevention (10-11 am)			Rock Steady Boxing (9:15-10:15 am)
11 AM		FREE Dance Fit (11-12 pm)		REGISTER 10wk PD Warrior (11-12 pm)	FREE Dynamic Movement (11-12 pm)	
12 PM	Chair Pilates (12-1 pm)	BY REQUEST Conditioning Plus (12-1 pm)	Mat Pilates (12-1 pm)			
1 PM	Rock Steady Boxing (1-2 pm)	PD Conditioning (1-2 pm)	Rock Steady Boxing (1-2 pm)	PD Conditioning (1-2 pm)	Rock Steady Boxing (1-2 pm)	Hybrid PWR! (12:30-1:30 pm)
2 PM				PWR! (2-3 pm)		
3 PM	FREE Tai Chi (2:30-3:30 pm)					
4 PM						
5 PM						
6 PM		Rock Steady Boxing (6-7 pm)				
7 PM						



Seated



Standing

Class
Descriptions



Class Descriptions

Pilates

- Low intensity
- Improve core strength, flexibility and posture
- Integrates breath and movement with proper body mechanics

Rock Steady Boxing

- Focus on overall fitness
- Non-contact boxing
- Circuit style class that combines boxing drills with strength training, agility work, and balance exercises

Tai Chi

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

PD Warrior

- High intensity
- Strong, powerful and purposeful movements
- Improve function, slow symptom progression, and enhancing quality of life through evidence-based neuroactive exercise

Dance Fit

- Blend of latin, jazz and hip hop moves with classic dance warm ups and stretches
- Enhance your range of motion
- Improve your cardio, balance and coordination

PD Conditioning

- Low intensity
- Seated exercise class
- Large amplitude, high effort and attention to action
- Improve timing, rhythm, hand-eye coordination, arm + leg strength and mobility

Conditioning Plus

- Moderate intensity
- Seated and standing exercise class
- Improve balance, mobility, strength and posture
- Whole body, progressive training
- Must be able to stand and balance independently without assistance

PWR!

- High intensity
- Standing exercise class
- Functional fitness: improve strength, balance, coordination, core stability

Dynamic Movement

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

Falls Prevention

- Focus on the main components that influence/lead to falls
- Circuit style
- Improve balance, ability to multitask, independence and strength