Group Class Schedule

(updated: Aug 28, 2026)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM						**Rock Steady Boxing** (9:15-10:15 am)
10:00 AM						
11:00 AM					↑ **10wk PD Warrior** *(Sept.11-Nov.13)* (11:00-12:00 pm)	
12:00 PM	↓ **Chair Pilates** (12:00-12:45 pm)					
1:00 PM	**Rock Steady Boxing** (1:00-2:00 pm)	↓ **PD Conditioning** (1:00-2:00 pm)	**Rock Steady Boxing** (1:00-2:00 pm)	↓/↑ **Power & Punch** (1:00-2:00 pm)	**Rock Steady Boxing** (1:00-2:00 pm)	
2:00 PM				↑ **PWR!** (2:00-3:00 pm)		
3:00 PM	**Tai Chi** (2:30-3:30 pm)					
4:00 PM						
5:00 PM						
6:00 PM		**Rock Steady Boxing** (6:00-7:00 pm)				
7:00 PM						

LEGEND

↓ Seated

↑ Standing

Paid (by Gaitway)

Free (by PWIC)

Updates/Changes

Class Descriptions

LOW INTENSITY

Chair Pilates	- Low intensity, focused on improving core strength, flexibility and posture - Emphasizes controlled breathing and proper movement technique
Tai Chi	- Low-impact, gentle and non-strenuous class suitable for all levels - Features slow, flowing movements that promote balance and coordination - Encourages mindful breathing and relaxation to reduce stress and improve focus
PD Conditioning	- Low intensity, seated class featuring large-amplitude, high-effort and intentional movements - Focuses on improving timing, rhythm, hand-eye coordination and strength

MODERATE INTENSITY

Power & Punch	- Incorporates boxing techniques, PWR! Moves, and PD Warrior exercises - Designed to improve balance, mobility, posture and strength

HIGH INTENSITY

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
PWR!	- High intensity functional fitness class designed to build power and control - Improve strength, balance, coordination, core stability and cardiovascular fitness - Includes a variety of dynamic exercises to support everyday movement and confidence
PD Warrior	- High intensity program using strong, powerful and purposeful movements - Targeted exercises to address three main types of Parkinson's - Aims to improve function, slow symptom progression and enhance quality of life through evidence-based neuroactive exercise