

SAMPLE CLASS SCHEDULE

MONDAY / WEDNESDAY

10:30 – 11:00 am ~ BRAIN POWER

Study & Social

- Brain Games
- Music Therapy
- Arts/Crafts Projects
- Speech Therapy
- Socialization

11:00 am – 12:00 pm ~ EXERCISE

11:05 – 11:30: PWR! Chair & Standup Exercises

- Yoga Power – Mondays
- Posture & Breathing
- Weight Shift
- Body (Torso) Twist
- Weight Transfer
- Goals & Evaluations

11:30 – 12:00 pm: Physical Activity Options

- Circuit
- PWR! On the Floor
- Dance / Barre
- Fitness Center
- Drums Alive
- Group Cycling
- Boxing / Martial Arts

TUESDAY

12:00 – 1:30 pm ~ ROCK STEADY BOXING



For details contact:
Roxee Jones or Patti McEnroe
(701) 775-2586

SCHEDULE VARIES AND IS SUBJECT TO CHANGE. FOR ADDITIONAL ACTIVITY AND MEMBERSHIP OPTIONS, CONTACT THE PWR! STAFF.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVING A BETTER LIFE



Altru Family YMCA
Parkinson Wellness Recovery

Altru Family YMCA
Rock Steady Boxing



Grand Forks, North Dakota

ROCK STEADY BOXING



FIGHTING BACK

Studies show that intense exercise may be “neuro-protective”, working to delay the progression of Parkinson’s symptoms.

Rock Steady Boxing classes, taught by certified trainers, include overall fitness, strength training, reaction time, and balance workouts, attacking Parkinson’s at its vulnerable neurological points. Boxing works by moving the body in all planes of motion while continuously changing routines.

This non-contact fitness routine can dramatically improve the ability of people with Parkinson’s to live independent lives. Workouts focus on boxing techniques with heavy bags, speed bags, jump ropes, core work, calisthenics, and circuit weight training. No boxing experience is necessary and people of all ages are invited to participate.



Classes: Tuesdays, 12:00 noon – 1:30 pm

Altru Family YMCA ~ Studio A/B

Schedule/times are subject to change.

For more info visit: www.rocksteadyboxing.org

PARKINSON WELLNESS



FUNCTIONAL & FUN

The Altru Family YMCA Parkinson Wellness Program is designed to improve the lives of people living with Parkinson Disease.

This program focuses on improving physical and brain functionality so that people living with Parkinson Disease can get better and stay better longer. Based on the Parkinson Wellness Recovery (PWR!) and Exercise4BrainChange™ curriculums, we focus on “FUNctional” exercise, sensory awareness, physical effort, attentional focus, cognitive engagement, emotional engagement and more.

PWR! moves are progressive, increasing intensity, effort, speed, accuracy, and resistance for improvement in everyday physical function and activity.

CLASS STRUCTURE

Participants spend 30 minutes playing brain games and completing activities that challenge their thinking and stimulate their brain activity to optimize their brain health.

Approximately 50-60 minutes of physical activity follow, in a supervised group instructional format, including a variety of basic progressive and functional whole body movement exercises designed to help improve overall physical performance and ability such as walking, getting in and out of a chair or bed, picking things up from the floor, etc. Balance and flexibility exercises can help prevent tripping/falling.

STAFF & SUPPORT

YMCA STAFF AND VOLUNTEERS

Our team of YMCA and community certified professional staff and volunteers offer expertise in personal fitness training, speech therapy, music therapy, occupational therapy, and group fitness instruction. Roxee Jones, YMCA Certified Personal Fitness Trainer and YMCA Parkinson Wellness Program project coordinator, completed the PWR! MOVES™ and PWR! CIRCUIT Instructor professional training course.

OUR ALTRU PARTNERS

Our collaboration with the professionals at Altru Health System helps ensure that we offer the safest and most effective program possible while we reach out to as many Parkinson’s patients as we can.

UND DEPARTMENT OF PHYSICAL THERAPY

Students at the UND Department of Physical Therapy in the School of Medicine & Health Sciences are actively engaged with our participants, assisting us with their expertise in physical function while they gain knowledge and practice in a real world setting. The students, under the direction of Dr. Kristin Johnson, completed pre and post assessments showing marked improvements in the functionality and well-being of the program participants. A new study has been launched to assess the effectiveness of the Rock Steady Boxing program.



Altru Family YMCA
215 N 7th St
Grand Forks, ND 58203
(701) 775-2586
www.gfymca.org