

SAMPLE CLASS SCHEDULE

MONDAY & WEDNESDAY

10:30 am | BRAIN POWER

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

10:45 am – Noon | PWR! EXERCISE

- Posture & Breathing
- Weight Shift
- Body (Torso) Twist
- Weight Transfer
- Circuit Training
- Cardio/Strength Machines
- Yoga Power – Mondays
- Cycle Power – Wednesdays

TUESDAY

10:30 am – Noon | ROCK STEADY BOXING

- Warm Up
- Circuit Drills
- Boxing Drills
- Strength Training
- Cool Down Stretch

THURSDAY

10:30 – 11:15 am Option LIVESTRONG YOGAFLEX

- Yoga Based Exercises
- Seated and Standing Options
- Balance, Strength & Flexibility



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



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

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 it’s 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.



For more info visit: www.rocksteadyboxing.org

PARKINSON WELLNESS



FUNCTIONAL & FUN

The Altru Family YMCA Parkinson Wellness 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 15-30 minutes socializing, sharing information, and participating in activities and games that challenge thinking and stimulate brain activity for optimal brain health.

Approximately 50-60 minutes of physical activity follow, in a supervised group instructional format, including basic and progressive PWR! moves in several formats, along with options such as yoga, cycling, to help improve overall physical performance and everyday basic functional skills. Balance, strength and flexibility exercises are designed to help prevent falls and other accidents.

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.

FEES (effective Jan. 1, 2017):

YMCA/Choice Members: No fee.

Non-members: \$48/month | \$10/day

Financial scholarship assistance is available.

Contact Roxee Jones or Patti McEnroe.