

CLASS SCHEDULE

MONDAY

10:30 am | BRAIN POWER

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



11:00 - 12:55 | PWR! EXERCISE

- Posture & Breathing
- Weight Shift
- Body (Torso) Twist
- Weight Transfer
- Strength Training
- Yoga

TUESDAY

10:30 am - Noon | ROCK STEADY BOXING

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

THURSDAY

10:30 - 11:30 am | GROUP CYCLING

- Cardio & Strength Drills
- Intensity Interval Training
- Located in Group Cycling Studio

10:30 - 11:30 am | PWR! EXERCISE

- Posture & Breathing
- Weight Shift
- Body (Torso) Twist
- Weight Transfer
- Strength Training

For details contact:
Adam Sorum
(701) 775-2586

SCHEDULE VARIES AND IS SUBJECT TO CHANGE.



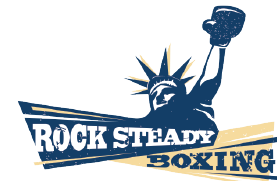
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVING A BETTER LIFE



Altru Family YMCA
Parkinson Wellness Recovery

Altru Family YMCA
Rock Steady Boxing



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

Altru Family YMCA, Grand Forks, ND

ROCK STEADY BOXING



FIGHTING BACK

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. Studies show that intense exercise may be "neuro-protective", working to delay the progression of Parkinson's symptoms. 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 for people living with Parkinson Disease.

Based on the Parkinson Wellness Recovery (PWR!) and Exercise4BrainChange™ curriculums, we focus on sensory awareness, physical effort, attentional focus, cognitive engagement, emotional engagement and more. PWR! moves are progressive and designed to increase intensity, effort, speed, accuracy, and resistance for improvement in everyday physical function and activity. PWR! activities may be done seated, standing, and lying down. We also incorporate other exercise formats including strength training, group cycling, flexibility, stretching, yoga, and more.

CLASS STRUCTURE

Participants spend 15-30 minutes socializing (Mondays only), 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 PWR! based and other targeted exercises. Modifications are provided for all activities to accommodate all fitness levels and abilities.

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.

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.

A 2016 research study conducted by the department showed that participants in the Parkinson Wellness programs gained improvement in quality of movement, sitting to standing, walking, speech and quality of life.

"I feel better, I'm more alert and I feel I move around better".

- Study Participant

FEES (effective Jan. 1, 2018):

YMCA/Choice Members: No fee.

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

Financial scholarship assistance is available.

Contact Roxee Jones or Patti McEnroe.