



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Announcements:</p> <ul style="list-style-type: none"> You asked, we delivered!!! We added two NEW Fitness Training class times. Monday & Wednesdays 11-12pm. <hr/> <p>Coffee Talk Speakers:</p> <ul style="list-style-type: none"> Friday, February 1st, Sun Sounds of AZ will be discussing the Talking Books program. Friday, February 15th, w/Wendy. "The Power of Breath Work". Friday, February 22nd, Stephanie will be discussing nurse navigation and the results of her research project. 					<p>1 9-10 Coffee Talk w/Sun Sounds—Talking Books 10:30-11:30 Fitness Training 11:30-12:45 Yoga (B) 1-2pm PWR! One 1-2pm PWR! Moves Boxing (B)</p>
	<p>4 9-10 PWR! Circuit 9-10 Dance (B) 10-11 PWR! Moves 10-11 Yoga (B) 11-12 Fitness Training 12:30-1:30 Fitness Training 1:30-2:30 Speaking Group (B) 1:30-2:30 PWR! One 2:30-3:30 PWR! One 2:30-3:30 PWR! One (B) 3:30-4:30 PWR! Moves</p>	<p>5 8-9 PWR! Circuit 9-10 PWR! Circuit 10-11 Mindful Stretch/Med.(B) 10-11 PWR! Moves 11-12 PWR! One Boxing 12:30-1:30 Fitness Training 3:30-4:30 PWR! One</p>	<p>6 8-9 PWR! Circuit 9-10 PWR! Circuit MMA (B) 9-10 Dance 10-11 PWR! Moves 10-11 Flexcore (B) 11-12:15 Yoga (B) 11-12 Fitness Training 12:30-1:30 Fitness Training 1:30-2:30 Speaking Group (B) 1:30-2:30 PWR! One 2:30-3:30 PWR! One Boxing 3:30-4:30 PWR! Moves</p>	<p>7 8-9 PWR! Circuit 9-10 PWR! Circuit MMA (B) 10-11 PWR! Moves 10-11 Mindful Stretch/Med.(B) 11-12 PWR! One 12:30-1:30 Fitness Training 1:30-2:30 PWR! One 3:30-4:30 PWR! Moves</p>	<p>8 9-10 Coffee Talk 10:30-11:30 Fitness Training 10:30-11:30 Dance (B) 11:30-12:45 Yoga (B) 1-2pm PWR! One 1-2pm PWR! Moves Boxing (B)</p>
<p>February Events: Join us on Thursday, February 14th for a Valentine's Day paint night 4-6pm. Bring someone special to create a Valentine's Painting. No artistic skills required. There will be a \$5 dollar fee to cover art supplies that will be provided by BNW.</p>	<p>11 9-10 PWR! Circuit 9-10 Dance (B) 10-11 PWR! Moves 10-11 Yoga (B) 11-12 Fitness Training 12:30-1:30 Fitness Training 1:30-2:30 Speaking Group (B) 1:30-2:30 PWR! One 2:30-3:30 PWR! One 2:30-3:30 PWR! One (B) 3:30-4:30 PWR! Moves</p>	<p>12 8-9 PWR! Circuit 9-10 PWR! Circuit 10-11 PWR! Moves 10-11 Mindful Stretch/Med.(B) 11-12 PWR! One Boxing 11:30-12:30 Music Therapy (B) 12:30-1:30 Fitness Training 12:30-1:30 Music Therapy (B) 3:30-4:30 PWR! One</p>	<p>13 8-9 PWR! Circuit 9-10 Dance 9-10 PWR! Circuit MMA (B) 10-11 PWR! Moves 10-11 Flexcore (B) 11-12:15 Yoga (B) 11-12 Fitness Training 12:30-1:30 Fitness Training 1:30-2:30 Speaking Group (B) 1:30-2:30 PWR! One 2:30-3:30 PWR! One Boxing 3:30-4:30 PWR! Moves</p>	<p>14 8-9 PWR! Circuit 9-10 PWR! Circuit MMA (B) 10-11 PWR! Moves 10-11 Mindful Stretch/Med.(B) 11-12 PWR! One 12:30-1:30 Fitness Training 1:30-2:30 PWR! One 3:30-4:30 PWR! Moves</p>	<p>15 9-10 Coffee Talk Topic: "The Power of Breath Work" 10:30-11:30 Fitness Training 10:30-11:30 Dance (B) 11-12 PWR! One 12:30-12:45 Yoga (B) 1-2pm PWR! One 1-2pm PWR! Moves Boxing (B)</p>
<p>Support Groups:</p> <p><i>*Care-Partner</i> Mondays @ 11:00am (B)</p> <p><i>*Men's Group</i> Tuesdays @ 4:30pm</p> <p><i>*Women's Group</i> 2/4, 2/18 @ 4:30pm</p> <p><i>*MS Support Group (B)</i> 2/21 @ 12-2pm</p> <p><i>*Coffee Talk</i> Fridays @ 9:00am</p> <p>Banner Neuro Wellness 207 N. Gilbert Rd. #205 #205 Gilbert, AZ 85234 (480) 827-5800</p>	<p>18 9-10 PWR! Circuit 9-10 Dance (B) 10-11 PWR! Moves 10-11 Yoga (B) 11-12 Fitness Training 12:30-1:30 Fitness Training 1:30-2:30 Speaking Group (B) 1:30-2:30 PWR! One 2:30-3:30 PWR! One 2:30-3:30 PWR! One (B) 3:30-4:30 PWR! Moves</p>	<p>19 8-9 PWR! Circuit 9-10 PWR! Circuit 10-11 Mindful Stretch/Med.(B) 10-11 PWR! Moves 11-12 PWR! One Boxing 12:30-1:30 Fitness Training 3:30-4:30 PWR! One</p>	<p>20 8-9 PWR! Circuit 9-10 PWR! Circuit MMA (B) 9-10 Dance 10-11 PWR! Moves 10-11 Flexcore (B) 11-12:15 Yoga (B) 11-12 Fitness Training 12:30-1:30 Fitness Training 1:30-2:30 Speaking Group (B) 1:30-2:30 PWR! One 2:30-3:30 PWR! One Boxing 3:30-4:30 PWR! Moves</p>	<p>21 8-9 PWR! Circuit 9-10 PWR! Circuit MMA (B) 10-11 PWR! Moves 10-11 Mindful Stretch/Med.(B) 11-12 PWR! One 12:30-1:30 Fitness Training 1:30-2:30 PWR! One 3:30-4:30 PWR! Moves</p>	<p>22 9-10 Coffee Talk w/Stephanie 10:30-11:30 Fitness Training 10:30-11:30 Dance (B) 11:30-12:45 Yoga (B) 1-2pm PWR! One 1-2pm PWR! Moves Boxing (B)</p>
	<p>25 9-10 PWR! Circuit 9-10 Dance (B) 10-11 PWR! Moves 10-11 Yoga (B) 11-12 Fitness Training 12:30-1:30 Fitness Training 1:30-2:30 Speaking Group (B) 1:30-2:30 PWR! One 2:30-3:30 PWR! One 2:30-3:30 PWR! One (B) 3:30-4:30 PWR! Moves</p>	<p>26 8-9 PWR! Circuit 9-10 PWR! Circuit 10-11 PWR! Moves 10-11 Mindful Stretch/Med.(B) 11-12 PWR! One Boxing 11:30-12:30 Music Therapy (B) 12:30-1:30 Fitness Training 12:30-1:30 Music Therapy (B) 3:30-4:30 PWR! One</p>	<p>27 8-9 PWR! Circuit 9-10 PWR! Circuit MMA (B) 10-11 PWR! Moves 10-11 Flexcore (B) 11-12:15 Yoga (B) 11-12 Fitness Training 12:30-1:30 Fitness Training 1:30-2:30 Speaking Group (B) 1:30-2:30 PWR! One 2:30-3:30 PWR! One Boxing 3:30-4:30 PWR! Moves No Dance Today</p>	<p>28 8-9 PWR! Circuit 9-10 PWR! Circuit MMA (B) 10-11 PWR! Moves 10-11 Mindful Stretch/Med.(B) 11-12 PWR! One 12:30-1:30 Fitness Training 1:30-2:30 PWR! One 3:30-4:30 PWR! Moves</p>	

PWR! Class Descriptions

PWR! Circuit

PD specific exercise class for those who can ambulate without support, get on and off floor without assistance and can work at a higher intensity and cognitive level.

PWR! Moves

PD specific exercise class for those who can ambulate without use of assistive device and are able to get on and off floor/practice standing exercises with minimal support.

PWR! One

PD exercise class designed to challenge the body and mind by working on a variety of exercises. This class is for those who need extra support and accommodations.

PWR! Boxing Descriptions

*Please note, to assure you are attending the appropriate level boxing class, please make sure you read the class description below. With each class you will be physically and cognitively challenged.

PWR! Circuit MMA

This class is an advanced MMA (Mixed Martial Arts)/Boxing style class and is intended for people who currently attend PWR! Circuit.

PWR! Moves Boxing

This class is an intermediate level boxing class and is intended for people who currently attend PWR! Moves.

PWR! One Boxing

This class is intended for members who attend PWR! One classes and need extra support and accommodations in order to get a safe and affective workout.

***Important**—Boxers will be required to purchase gloves and wraps. Please see staff if you have further questions.

Adjunct Classes

Fitness

This class is designed to increase strength, endurance and stamina by working on cardiovascular conditioning, resistance training and flexibility exercises.

Music Therapy

Use various instruments and play different games to work on cognitive function, emotional status, and fine motor skills. Led by a Music Therapist.

Yoga

Safe and gentle restorative yoga to help calm the mind and relax the body. Led by a Rehabilitation Yoga Therapist.

Speaking Group

Perform vocal exercises and speaking activities in a group setting. Led by a Speech Pathologist.

Dance

This class is designed to experience the joys and benefits of dance while creatively addressing symptom-specific concerns related to balance, cognition, motor skill, depression and physical confidence.

Flexcore

Advanced core strengthening and flexibility training. Requires getting on and off floor without assistance. Must have instructor approval before attending.

Mindful Stretch & Meditation

The goal of this class is to improve mindfulness during your activities of daily living and work to increase flexibility in order to promote better mobility.