



**Banner  
NeuroWellness**



**PWR! Fitness™**  
Parkinson Wellness Recovery  
[www.pwr4life.org](http://www.pwr4life.org)

**PWR! Moves™**  
**PWR! Circuit**  
**PWR! One**

The PWR! Project (Parkinson Wellness Recovery) was started in 2009 by Dr. Becky Farley, a researcher, LSVT® BIG developer, physical therapist, neuroscientist, and Parkinson's exercise specialist to address the unmet needs in standard of care rehabilitation delivery models for individuals with Parkinson's disease (PD). (Source: <http://www.pwr4life.org/>)

The PWR! fitness classes at BNW have a PD-specific neuroplasticity-principled framework. The classes target the symptoms of PD ranging from bradykinesia and rigidity to cognitive dysfunctions and emotional impairments. BNW offers different PWR! classes to accommodate a wide range of abilities for people with PD. The PWR! classes are led by an Exercise Physiologist/PWR! Fitness Trainer. Based on an initial evaluation an Exercise Physiologist will determine the appropriate PWR! Class for new members to attend.

**PWR! Circuit:** This class is appropriate for those who do not need support, can get on and off the floor without assistance and work at a high intensity and cognitive level.

**PWR! Moves™:** This class is appropriate for individuals who can ambulate without assistive devices and are able to get on and off the floor/practice standing exercises with minimal support.

**PWR! One:** This class is designed for those who might need extra support, have assistive devices and need accommodations to perform tasks effectively and safely.

<b>Mindfulness Stretch &amp; Meditation</b>	The goal of this class is to learn strategies to increase mindfulness during your activities of daily living and increase flexibility to promote better mobility.
<b>Fitness Training</b>	This class is a total body workout starting with a cardio warm-up transitioning into resistance training to help build strength and endurance. This class can accommodate those of any fitness level.
<b>Yoga</b>	Yoga classes at BNW are led by a Rehabilitation Yoga Therapist. Classes are safe and gentle with an emphasis on meditation and breathing along with some mobility exercises. The sessions are structured to accommodate a wide range of members, no matter their limitations.
<b>Music Therapy</b>	Music Therapy class uses a variety of music, instruments and experiences to work with members on movement, voice, and cognitive/memory. Classes are led by a board-certified Music Therapist.
<b>Speaking Group</b>	The class performs vocal exercises and speaking activities in a group setting to address the challenges of hypophonia and voice articulation in Parkinson's' Disease. Led by BNW staff.
<b>Dance</b>	This class is designed to experience the joys and benefits of dance while creatively addressing symptom-specific concerns related to balance, cognition, motor skills, depression and confidence.
<b>Flexcore</b>	Advanced core strengthening and flexibility training. Requires getting on and off floor with no assistance. Must have instructor approval before attending.
<b>Buddy Bootcamp</b>	A high intensity partner class for those with a movement disorder and any friend or family member. This class is appropriate for those who do not need support from an assistive device and are able to get on and off the floor without assistance. Must have instructor approval before attending.
<b>Care Partner Workout</b>	This workout class was designed for the care partners of our BNW Members. There is a five-dollar fee per class and a short evaluation form to be completed prior to attending this class.
<b>PWR! Circuit MMA</b> <b>PWR! Moves Boxing</b> <b>PWR! One Boxing</b>	Each boxing class is designed to challenge all ability levels in a safe and effective manner. They combine basic boxing fundamentals, high intensity interval training, core strengthening and balance training. These are non-contact boxing classes. Gloves are provided for PWR! One Boxing only.