





<u>Lectures/ Announcements</u>	Mon	Tue	Wed	Thu	Fri	Class Descriptions
<p>BNWW Boxing Fitness Mondays 9:00 - 10:00 am (*Membership Required)</p>  <p>National Dance Day Saturday, September 21st 3:30 - 4:30 pm Ballet Arizona 2835 E. Washington St. Phoenix</p>  <p>Parkinson's Voice Class Mondays 10:00 am Open to all BNWW members and the community **Free**</p> <p>Tai Chi & Dance for Parkinson's No charge for BNWW Members. \$5/class non-members*</p> <p>Music Therapy 2:00 - 3:00 pm Monday, September 16th **Free**</p> <p>Yoga for Parkinson's/Meditation Thursdays, ** 1:00 - 2:00 p.m. No charge for BNWW Members. \$5/class for all spouses/caregivers and non-members</p>	<p>2</p> <p>Labor Day Holiday</p> <p>No BNWW Classes Scheduled Today</p>	<p>3</p> <p>9-10 PWR! Circuit</p> <p>10-11 PWR! Moves</p> <p>11-12 PWR! Up</p>	<p>4</p>	<p>5</p> <p>9-10 PWR! Circuit</p> <p>10-11 PWR! Moves</p> <p>11-12 PWR! Up</p> <p>*11—12 PD Care Partner's Meeting, Bldg. A Conf. Rm</p> <p>1:00 pm Yoga for Parkinson's/Meditation</p>	<p>6</p> <p>10 - 11 PD Coffee Talk</p>	<p>PWR! Up Seated group PD exercise class for those who need extra support and accommodations.</p> <p>PWR! Moves Lower-to-moderate level PD specific exercise class. For those who can ambulate but need some support for different activities.</p> <p>PWR! Circuit Moderate-to-high level PD specific exercise class. For those who can ambulate without support and can work at a higher intensity. Participants may rotate to exercise activity stations during the class.</p> <p>Healthy Abs & Back Exercise class utilizing floor mats performing abdominal and back strengthening exercises. Participants must be able to get up and down from the floor independently and safely to participate.</p> <p>Tai Chi Slow, gentle movements with deep breathing and meditation. Increases strength, flexibility and stamina. Standing/Seated</p> <p>*Application and Wellness Assessment is required before beginning all PWR! Fitness & Boxing programs.*</p> <p>*****</p> <p>Banner Neuro Wellness West membership*— September - \$40.00/month *Boxing Fitness - additional \$10.00/month for BNWW Members \$30.00/month - Non-members (*assessment required) 8/21/2019</p>
	<p>9</p> <p>9:00 - 10:00 Boxing Fitness</p> <p>10:00-11:00 PD Voice Class</p> <p>11:30—12:30 Tai Chi</p>	<p>10</p> <p>9-10 PWR! Circuit</p> <p>10-11 PWR! Moves</p> <p>11-12 PWR! Up</p> <p>New DBS Support Group Meeting 12:00—1:30</p>	<p>11</p>	<p>12</p> <p>9-10 PWR! Circuit</p> <p>10-11 PWR! Moves</p> <p>11-12 PWR! Up</p> <p>1:00 pm Yoga for Parkinson's/Meditation</p>	<p>13</p> <p>10-11 PD Coffee Talk</p>	
	<p>16</p> <p>9:00 - 10:00 Boxing Fitness</p> <p>10:00-11:00 PD Voice Class</p> <p>11:30—12:30 Tai Chi</p> <p>12:30 - 1:30 Dance for Parkinson's</p> <p>2:00—3:00 Music Therapy</p>	<p>17</p> <p>9-10 PWR! Circuit</p> <p>10-11 PWR! Moves</p> <p>CANCELLED - PWR! Up</p>	<p>18</p> <p>PWR! Fitness Members End of Summer - Indoor Picnic 12:00 - 1:00 pm</p> 	<p>19</p> <p>9-10 PWR! Circuit</p> <p>10-11 PWR! Moves</p> <p>11-12 PWR! Up</p> <p>*11—12 PD Care Partner's Meeting, Bldg. A Conf. Rm</p> <p>1:00 pm Yoga for Parkinson's/Meditation</p>	<p>20</p> <p>10-11 PD Coffee Talk</p> <p>(Saturday, September 21st - National Dance Day!)</p> 	
	<p>23</p> <p>9:00 - 10:00 Boxing Fitness</p> <p>10:00-11:00 PD Voice Class</p> <p>11:30—12:30 Tai Chi</p>	<p>24</p> <p>9-10 PWR! Circuit</p> <p>10-11 PWR! Moves</p> <p>11-12 PWR! Up</p>	<p>25</p> <p>Women's Group Meeting 1:00 - 3:00 p.m. Morin , Auditorium</p>	<p>26</p> <p>9-10 PWR! Circuit</p> <p>10-11 PWR! Moves</p> <p>11-12 PWR! Up</p> <p>1:00 pm Yoga for Parkinson's/Meditation</p>	<p>27</p> <p>10-11 PD Coffee Talk</p>	
	<p>30</p> <p>9:00 - 10:00 Boxing Fitness</p> <p>10:00-11:00 PD Voice Class</p> <p>11:30—12:30 Tai Chi</p>					