

JANUARY 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Welcome to Banner Neuro Wellness in Tucson!</p> <p>CHAIR YOGA Class open to ALL!</p> <p>Only \$5 per yoga class!</p> <p>No assessment needed for this class ONLY.</p> <p>Contact: Carla.Perez@ bannerhealth.com</p>	2	3	4	5	6	
		Balance 9:45-10:30 Chair Yoga 10:45-11:30 Balance 11:45- 12:30 Boxing-Parkinson's 12:45-1:30	Balance 9:45-10:30 Chair Yoga 10:45-11:30 Balance 11:45- 12:30 Boxing-Parkinson's 12:45-1:30	Boxing for all 9:15-10 Fun with Fitness 10:15-11 PWR! Moves 11:15 -12 (Parkinson's movement class)	Balance 9:45-10:30 Chair Yoga 10:45-11:30 Balance 11:45- 12:30 Boxing-Parkinson's 12:45-1:30	
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30	31					
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INFO:

SCHEDULE AN ASSESSMENT

Assessments required for membership! Sign up today!

Call the Wellness Center at

(520)694-8058 or

Carla.Perez@bannerhealth.com

Join us for the FUN!

Come Join us for all the movement and all the FUN!

Assessment & Membership required for all classes EXCEPT Chair Yoga.

Boxing Class

A non-contact boxing class following a circuit and active pace. Our boxing class is appropriate for ANY of our current gym members, including people with Parkinson's and people with dementia who can transition well, follow direction and want to tune in to their inner fighter. (You will need boxing gloves!)

Boxing-Parkinson's Class

A non-contact active boxing class. This boxing class is for people with **Parkinson's ONLY**, who can transition well, move with minimal assistance, follow direction and want to tune in to their inner fighter. We will use speedbags, freestanding bags and practice footwork. (You will need boxing gloves!)

Chair Yoga

A chair-based yoga class for everyone which focuses on stretching, twisting, breathing, and mindful movement. We end each class with relaxation/meditation. This class is appropriate for people with Parkinson's disease or a dementia, care partners and the community. It is accessible to most, we are seated the entire time, the movements are gentle and can be modified as needed.

Fun with Fitness

This class is focused on FUN! If you want to move but you don't think you like exercise, this class might be for you. We focus on moving but in fun and playful ways. In this class we will hit balloons and beachballs, toss bean bags, drum with pool noodles, make some noise, dance in our chairs and more. This is a primarily chair-based class and can be enjoyed by people with Parkinson's, those with dementia and care partners.

PWR! Moves

Parkinson's Wellness Recovery (PWR!) is a comprehensive, research-based exercise & wellness program for individuals with Parkinson's disease. Developed by Dr. Becky Farley, the PWR! Classes are designed to combat the symptoms of Parkinson's disease such as rigidity, changes in gait, balance and changes in cognitive functioning. The PWR! Moves incorporate skills involving breathing, vision, voice, and cognition. **Parkinson's students ONLY.**

Balance & Strength

These group classes are designed to help with strength and balance. We do varying warm up and cool downs but follow a set format for the circuit portion of the class so you can familiarize yourself with the movements (there are multiple "exercise stations" and we move through the room). This class is open to all members who can follow direction and can move safely through the room. This class can be modified for varying levels of fitness.

