

# Weekly Parkinson's Specific Exercise Schedule:

## MONDAY

10:30 am - 11:30 am

**Balance & Strength Circuit**  
w/Cassandra and Katie  
\*ADVANCED

12:30 pm - 1:30 pm

**PWR : Parkinson's Wellness & Recovery**  
w/Cathleen + Colleen

## TUESDAY

10:30 am - 11:30 pm

**PWR : Parkinson's Wellness & Recovery**  
w/Cassandra + Colleen

## every other TUESDAY

11:30 am - 12:30 pm

**NEW MEMBER ORIENTATION / FAQ SESSION**  
w/Amanda

## WEDNESDAY

11:00 am - 11:45 am

**TRX Strength & Stability**  
w/Cassandra + Karen

12:00 pm - 1:00 pm

**TRX Strength & Stability**  
w/Cathleen + Gia  
\*ADVANCED

## THURSDAY

12:00 pm - 1:00 pm

**Rock Steady Boxing**  
w/Cathleen + Amanda  
\*ADVANCED

## FRIDAY

12:15 pm - 1:15 pm

**PWR : Parkinson's Wellness & Recovery**  
w/Cathleen + Colleen

Stacked Classes - when you see the same class twice in one day - please only attend one.

\*ADVANCED - no walker or wheelchairs. All Members must be able to get down onto floor independently.

Current class schedule hosted at RISE Fitness + Adventure  
\*\*membership required to attend in person classes.

BRING WATER!

