

Available Exercise Classes



PWR!Moves® and weights

All levels

PWR!Moves is a Parkinson's-specific functional exercise program that should be done to maintain the skills learned in LSVT BIG® therapy. These classes usually start sitting in a chair and take members through moves that combat deterioration of motor skills, mobility, and function that are the foundation of everyday living.



TRX® balance and stability

All levels and Advanced

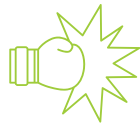
These low-impact bodyweight classes use resistance bands, suspended TRX straps, and low weights to build strength, balance, coordination, flexibility, core strength, and joint mobility. For people with movement disorders like Parkinson's, TRX training helps develop a stronger posture and gait, and even reduce their fear of falling.



Circuit training

Advanced only

In each class, our trainers guide PESGSC members through a series of "stations" that each offer a unique exercise that targets Parkinson's symptoms. Weights, resistance bands, exercise machines, and other equipment may be used to help maintain mobility and functionality.



Rock Steady boxing

Advanced only

Rock Steady Boxing is a high-energy, non-contact exercise that can help people with Parkinson's experience less muscle stiffness and develop resistance to injury. Our accredited trainers use this boxing class to help members move with more flexibility and improve their posture and gait.



Mobility class

All levels and Advanced

With a focus on breathing deeply through purposeful movement, we typically start standing and then transition to the floor mat to work against the rigidity and pain that can come with Parkinson's. Our mobility exercises focus on lengthening the body, releasing tension, and loosening the joints.



Tai Chi

All levels, alternate location

These classes are based on an ancient Chinese meditation and gentle exercise philosophy. Using slow, purposeful movements, Tai chi can help decrease falls, increase stride length, lean forwards and backwards with stability, increase gait speed, and increase leg strength. Some people also find that it can help create smoother movements overall.