



ACTIVE LIVING CENTER

Neuro Power & Livestrong CLASS SCHEDULE 2023

Classes for Individuals living with Parkinson's disease and other Neurological Conditions
 Registration is Required for All Classes on This Schedule. These Classes take a break approximately every 12 weeks.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Tai Chi 12:25p – 1p Kathy Room: Studio 3	
LIVESTRONG* Noon - 1:30p with Paul Room: Active Living Center Registration Required	Parkinson's Cycling and Yoga Class* 1p - 2p Ed Room: Spin Room/Studio #4 Registration Required	LIVESTRONG* Noon - 1:30p with Paul Room: Active Living Center Registration Required	Parkinson's Cycling and Yoga Class* 1p - 2p Ed Room: Spin Room/Studio #4 Registration Required	Strength & Stretch 12:30p – 1:30p Greg Room: Active Living Center
Neuro-Power Boxing Class 2p - 3p Pam/Jess Room: Studio 3 & 1	SLI Neuro-Fit Noon – 1p 1p - 2p 2:30p – 3:30p 3:30p – 4:30p Room: ALC & Studio 3	Neuro-Power Boxing Class 2p - 3p Catherine/Dawn Room: Studio 3 & 1	SLI Neuro-Fit Noon – 1p 1p - 2p 2:30p – 3:30p 3:30p – 4:30p Room: ALC & Studio 3	Ping Pong for Parkinson's 1:30p – 3p Greg Room: Active Living Center
		Ping Pong for Parkinson's 3:30p – 5p Greg Room: Active Living Center		
LIVESTRONG* 6:00p - 7:30p with Lynne Room: Active Living Center Registration Required		LIVESTRONG* 6:00p - 7:30p with Lynne Room: Active Living Center Registration Required		