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ACTIVE LIVING CENTER   
Neuro Power & Livestrong CLASS SCHEDULE 2024

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.**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  |  |  | Tai Chi  12:25p – 12:55p  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 |  |  |