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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 Chi12:25p – 12:55pKathyRoom: Studio 3 |  |
| LIVESTRONG\*Noon - 1:30p with PaulRoom: Active Living CenterRegistration Required | Parkinson’s Cycling and Yoga Class\*1p - 2pEdRoom: Spin Room/Studio #4Registration Required | LIVESTRONG\*Noon - 1:30p with PaulRoom: Active Living CenterRegistration Required | Parkinson’s Cycling and Yoga Class\*1p - 2pEdRoom: Spin Room/Studio #4Registration Required | Strength & Stretch12:30p – 1:30pGregRoom: Active Living Center  |
| Neuro-Power Boxing Class2p - 3pPam/JessRoom: Studio 3 & 1 | SLI Neuro-FitNoon – 1p1p - 2p2:30p – 3:30p3:30p – 4:30pRoom: ALC & Studio 3 | Neuro-Power Boxing Class2p - 3pCatherine/DawnRoom: Studio 3 & 1 | SLI Neuro-FitNoon – 1p1p - 2p2:30p – 3:30p3:30p – 4:30pRoom: ALC & Studio 3 | Ping Pong for Parkinson’s1:30p – 3pGregRoom: Active Living Center |
|  |  | Ping Pong for Parkinson’s3:30p – 5pGregRoom: Active Living Center |  |  |
| LIVESTRONG\*6:00p - 7:30p with LynneRoom: Active Living CenterRegistration Required |  | LIVESTRONG\*6:00p - 7:30p with LynneRoom: Active Living CenterRegistration Required |  |  |