ACTIVE LIVING CENTER
Neuro Power & Livestrong CLASS SCHEDULE 2026

Neuro-Power Classes are for Individuals living with Parkinson's disease and other Neurological Conditions

LIVESTRONG Classes are for cancer survivors

Registration is Required for All Classes on This Schedule.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Qigong 12:25p – 12:55p Kathy Room: Studio 3	
LIVESTRONG* Noon - 1:30p with Paul Room: Active Living Center **Registration Required** Session #1, 1/19/2026 - 4/22/2026 Session #2, 6/15/2026 – 9/16/2026	**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** Session #1, 1/19/2026 - 4/22/2026 Session #2, 6/15/2026 – 9/16/2026	**Parkinson's Cycling and Yoga Class*** 1p - 2p Ed Room: Spin Room/Studio #4 **Registration Required**	**Strength & Stretch** 12:30p – 1:30p Mike Room: Active Living Center
Neuro-Power Boxing Class 2p - 3p Pam/Jess Room: Studio 3 & 1		**Neuro-Power Boxing Class** 2p - 3p Catherine/Dawn Room: Studio 3 & 1		**Ping Pong for Parkinson's** 1:30p – 3p Greg Room: Active Living Center
2026	**Neuro-Power Schedule** **Winter Session** **1/5/2026 – 3/27/2026** **Break 1 Week 3/28 – 4/4**	**Neuro-Power Schedule** **Spring Session** **4/5/2026 – 6/26/2026** **Break 1 Week 6/27 – 7/5**	**Neuro-Power Schedule** **Summer Session** **7/6/2026 – 8/28/2026** **Break 2 Weeks 8/29 – 9/13**	**Neuro-Power Schedule** **Fall Session** **9/14/2026 – 12/18/2026** **Break 2 Weeks 12/19 – 1/2**