











**Studio A**  
**Effective AUGUST 6<sup>th</sup>, 2019**  
**Senior F.I.T**  
**Functional. Interval. Training**  
**Group Fitness Schedule**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b><u>8:00am</u></b>	<b>SeniorFit</b> Susan Downing	<b>SeniorFit</b> Susan Downing	<b>SeniorFit</b> Susan Downing	<b>SeniorFit</b> Susan Downing	<b>SeniorFit</b> Susan Downing	<b>8:30AM</b> <b>Intermediate</b> <b>YOGA</b> <b>(85 min)</b> Jan	
<b><u>9:00am</u></b>	<b>DanceFit</b> Susan Downing	<b>DanceFit</b> Susan Downing	<b>DanceFit</b> Susan Downing	<b>DanceFit</b> Susan Downing	<b>DanceFit</b> Susan Downing		
<b><u>10:00am</u></b>	<b>Intermediate</b> <b>YOGA</b> <b>(85 min)</b> Diana	<b>Stretch30</b> Susan Downing	<b>Stretch30</b> Susan Downing	<b>Stretch30</b> Susan Downing	<b>Forever</b> <b>Fit</b> Jan		 <b>Circuit</b> Sherry
<b><u>10:30am</u></b>		<b>LadyFit</b> Patti	<b>Flow</b> <b>YOGA</b> Susan	<b>LadyFit</b> Patti		<b>Beg/Intermed</b> <b>YOGA</b> <b>(85 min)</b> Debbie	
<b><u>11:30am</u></b>	<b>Chair</b> <b>YOGA</b> Jan	<b>Chair</b> <b>YOGA</b> Jan		<b>Restorative</b> <b>YOGA</b> Susan	 <b>Classic</b> Leslie		
<b><u>12:30pm</u></b>		 <b>Circuit</b> Leslie	<b>12:00pm</b> <b>Chair</b> <b>YOGA</b> Susan	 <b>Circuit</b> Leslie	<b>Chair</b> <b>YOGA</b> Susan		
<b><u>1:15pm</u></b>	 <b>Classic</b> Sherry		 <b>Classic</b> Sherry				
<b><u>1:30pm</u></b>		 <b>Stability</b> Leslie		 <b>Stability</b> Leslie			

## **CLASS DESCRIPTIONS:**

**Beginner/Intermediate YOGA:** Placing emphasis on alignment to prevent injury these poses will increase flexibility, build strength and stamina while allowing you the experience of celebrating and enhancing the physical experience of living a fully functional life. **(85min)**

**Chair Yoga:** Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Chair yoga classes typically target those with physical disabilities or aging men and women who find a typical yoga session too challenging. It is also a great form of yoga for beginners or anyone who wants to focus on a gentle practice. **(55min)**

**DanceFIT:** Choreographed dance routines to gradually increase heart rate and improve balance with a long cool down stretch. **(75min)**

**Flow Yoga:** A series of postures or asanas that focus on the flow between movements rather than individual poses while energizing and relaxing the body. All levels are welcome. **(75min)**

**Intermediate YOGA:** A fun and challenging class of yoga asanas and exercises intended to build strength and stamina, increase flexibility, and remind you of your glorious true nature! With an emphasis on alignment to prevent injury, we'll explore ways to celebrate and enhance the physical experience of being alive. Prior yoga experience is highly recommended. **(85 min)**

**ForeverFIT:** This class includes intense, calorie burning low impact aerobics followed by lower and upper body muscle conditioning as well as core strengthening and finishing with relaxing stretch session. **(55min)**

**LadyFIT:** Low impact aerobics with focus on balance work and toning for the whole body and core muscles by using resistance bands, small balls and dumbbells. Finishing off with long relaxing stretching for increased flexibility. **(55min)**

**Restorative Yoga:** **NEW!** Relax, restore and rejuvenate. This practice is designed to help you release tension in your hips, back and body using calming Yoga poses to warm the body and calm the mind. **(55min)**

**SeniorFIT:** A Low impact cardio workout that includes strength and conditioning, stretching and balance exercises. **(55min)**

**Silver Sneakers Classic:** Focus on strengthening muscles and increasing range of movement for daily life activities. Participants may use hand-held weights, elastic tubing with handles and small balls. Often a chair is used for seated exercises or standing support. **(55min)**

**Silver Sneakers Circuit:** Standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a small ball. A chair is available for support. **(55min)**
















**Silver Sneakers Stability:** The class is designed to help you become stronger and improve balance. The movements taught focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support. **(55min)**

**Stretch 30:** Simple stretching techniques that lengthen and mobilize your muscles while increasing your Range of motion to prevent injury, maintain and improve flexibility and increase circulation in your joints. **(25min)**


















**STUDIO B &  Studio**  
**Effective AUGUST 6<sup>th</sup>, 2019**  
**GROUP FITNESS SCHEDULE**

**STUDIO B**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:00am</b>		<b>Barre Intensity</b> Linda		<b>Barre Intensity</b> Linda			
<b>8:00am</b>	 Christine (45min)	<b>Core &amp; Balance</b> Sandy	 Christine	<b>Core &amp; Balance</b> Sandy	 Christine	<b>8:30am</b>  Bonnie	
<b>9:00am</b>	<b>Core YOGA</b> Michelle	 Sandy	 Christine	 Sandy	<b>Core YOGA</b> Michelle	 Christine	
<b>10:00am</b>	<b>10:30am</b> <b>LadyFit</b> Patti	 <b>Toning</b> Ricki	 <b>Toning</b> Charlotte	 <b>Toning</b> Ricki	 Christine	<b>10:30am</b> <b>ForeverFit</b> Jan	
<b>11:00am</b>					<b>Flow YOGA (75min)</b> Susan		<b>11:30am</b> <b>Flow YOGA (85min)</b> Michelle
<b>12:00pm</b>		<b>Barre Intensity</b> Natalia	<b>1:00pm</b> <b>Line Dance</b> Bonnie	<b>Barre Intensity</b> Natalia	<b>1:00pm</b> <b>Line Dance</b> Bonnie	<b>PILATES</b> Jamisue	
<b>4:00pm</b>	<b>PILATES</b> Jamisue	<b>PILATES</b> Jamisue	<b>PILATES</b> Jamisue	<b>4:30pm</b> <b>Line Dance</b> Bonnie	<b>PILATES</b> Jamisue		
<b>5:30pm</b>	<b>Barre intensity</b> Sandy			 Bonnie			
<b>6:30pm</b>	 Christine	<b>YIN YOGA (75min)</b> Michelle	 Christine	<b>YIN YOGA (75min)</b> Michelle			

** Studio**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00am</b>	 Kasey		 Kasey		 Kasey		
<b>8:00am</b>		 Dana		 Natalia			
<b>9:00am</b>	 Tina	 Dana	 Dana	 Dana		 Dana	
<b>5:30pm</b>	 Dana	<b>4:30pm</b>  Tina  Lori	 Dana	<b>4:30pm</b>  Suzanne			

## **Class Descriptions:**

**Barre Intensity:** This workout combines attributes of Pilates, yoga, and functional fitness training. Using small isolated movement to fatigue the muscles and large range of motion to elevate the heart rate with sequences for the upper and lower body to make every minute count. **(55min) \*SIGN UP REQUIRED AT FRONT DESK PRIOR TO CLASS\***

**Core & Balance:** Strengthen your core and back using exercises designed to improve your balance, posture and co-ordination. All Levels are welcome. **(55min)**

**Core YOGA:** Series of Yoga poses to strengthen your core and spine. Improving posture, flexibility and improves digestion. All Levels are welcome. **(55min)**

**CXWORX:** A revolutionary 30-minute **Les Mills core training** class that attacks the abs, glutes, back, obliques and "slings" connecting the upper and lower body. CXWORX tones core muscles and may help prevent injury. **(25min)**

**Flow YOGA:** A series of postures or asanas that focus on the flow between movements rather than individual poses while energizing and relaxing the body. All levels are welcome. **(55min)**

**ForeverFIT:** This class includes intense, calorie burning low impact aerobics followed by lower and upper body muscle conditioning as well as core strengthening and finishing with relaxing stretch session. **(55min)**

**\*\*Les Mills GRIT: \*\* NEW!!** This 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast. **(30min)**

**LadyFIT:** Low impact aerobics with focus on balance work and toning for the whole body and core muscles by using resistance bands, small balls and dumbbells. Finishing off with long relaxing stretching for increased flexibility. **(55min)**

**Line Dance:** This low impact cardio workout is for all ages using choreographed dances set to all types of music. Increase your stamina, cognitive control, balance and co-ordination. **(55min)**

**MyZone:** Free Small group training using H.I.I.T training and led by certified Personal trainers who provide coaching, encouragement and accountability. Use the MYZONE heart rate belt to monitor your heart rate zones and progress over time. All Levels are welcome. (55min) **\*SIGN UP REQUIRED AT FRONT DESK PRIOR TO CLASS\***

**Pilates:** Lengthen, strengthen, and tone your body. This class introduces the teaching of Joseph Pilates in principles of concentration, breathing, alignment, coordination, centering, posture and balance. All Levels are welcome. **(55min)**

**Yin Yoga:** A series of long-held, passive floor poses that mainly work the lower part of the body – the hips, pelvis, inner thighs, lower spine. These areas are especially rich in connective tissues. The poses are held for up to five minutes. All Levels are welcome. **(75min)**

**ZUMBA®:** A fusion of Latin and International music – dance themes creating a dynamic, exciting, effective fitness system. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms. **(55min)**

**ZUMBA® GOLD:** A modified **ZUMBA®** class that recreates the original moves you love at a lower-intensity. This low impact design introduces *easy-to-follow* **ZUMBA®** choreography that focuses on balance, range of motion and coordination.

**ZUMBA® GOLD Toning:** A modified **ZUMBA®** class that recreates the original moves that you love at a lower-intensity. Through dynamic lightweight resistance training and exciting international rhythms, these classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination." **(45min)**



# Studio C

Effective AUGUST 6<sup>th</sup>, 2019

## Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7:30am</b>			 Natalia		 Natalia	
<b>8:00am</b>		<b>STRENGTH Explosion</b> Judy		<b>STRENGTH Explosion</b> Judy		<b>STRENGTH Explosion</b> Judy
<b>8:30am</b>	<b>STEP Explosion</b> Judy		<b>STEP Explosion</b> Judy		<b>STEP Explosion</b> Judy	
<b>9:00am</b>		<b>STEP Explosion</b> Lisa		<b>STEP Explosion</b> Lisa		<b>STEP Explosion</b> Lisa
<b>9:30am</b>	 Leslie		 Leslie		 Leslie	
<b>10:30am</b>	<b>Pilates On The Ball</b> Judy	<b>Intermediate/advanced IRON YOGA (75min)</b> Michelle	 Leslie	<b>10:00am</b> <b>Intermediate YOGA (75min)</b> Donna	 Leslie	 Sandy
<b>12:00pm</b>		<b>Beginner YOGA (75min)</b> Michelle		<b>11:30am</b> <b>Beginner YOGA (75min)</b> Donna		
<b>4:15pm</b>	 Sandy		 Jen			
<b>5:30pm</b>	 Chris	 Ali	 Lori		 Ali / Lori	
<b>6:00pm</b>		 Ali	 Lori	 Ali		

## **Class Descriptions:**

**Beginner/Intermediate YOGA:** Placing emphasis on alignment to prevent injury these poses will increase flexibility, build strength and stamina while allowing you the experience of celebrating and enhancing the physical experience of living a fully functional life. **(75min)**

**BODYCOMBAT:** A high-energy **Les Mills cardio training** class for all fitness levels. Moves from Kick Boxing, Tai Chi, Karate and Muay Thai combined with adrenaline-pumping music, will increase your fat-burning potential, improve coordination, strength, agility and flexibility, and reduce stress. **(55min)**

**BODYPUMP:** The original **Les Mills barbell class that** strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! **(55min)**

**CXWORX:** A revolutionary 30-minute **Les Mills core training** class that attacks the abs, glutes, back, obliques and “slings” connecting the upper and lower body. CXWORX tones core muscles and may help prevent injury. **(25min)**

**\*\*Les Mills GRIT: \*\* NEW!!** This 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast. **(30min)**

**Intermediate/Advanced IRON YOGA:** Add more power to your yoga routine. This High energy fat burning class increases lean muscle mass, fires up your metabolism while improving flexibility, strength, stamina and balance! 11b weights are used. Weights are optional. **(75min)**

**Pilates on the Ball:** Lengthen, strengthen, and tone your body. This class introduces the teaching of Joseph Pilates in principles of concentration, breathing, alignment, coordination, centering, posture and balance. **(55min)**

**Step Explosion:** This classic cardio workout targets the legs, core, arms glutes and back using choreographed routines designed to burn calories and deliver fat torching results while having fun. **(55min)**

**Strength Explosion:** This workout strengthens and tones all the major upper body muscles using dumbbells, body bars, benches and stability balls while incorporating some lower body work, Core strengthening and balance training. **(55min)**

**TRX:** Suspension training using your bodyweight to develop strength, balance, flexibility and core stability. Build lean muscle, boost metabolism, strengthen your core and increase endurance. Suitable for all levels of fitness. **(55min)**



# Martial Arts

Effective AUGUST 6<sup>th</sup>, 2019  
Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SPINNING</b>	<b>6:00am</b>	<i>Virtual</i>	SPINNING Mark	<i>Virtual</i>	SPINNING Mark	<i>Virtual</i>	
	<b>7:30am</b>	SPINNING		SPINNING		SPINNING	
	<b>9:00am</b>	SPINNING Valerie	SPINNING Chrissy	SPINNING Valerie		SPINNING Valerie	
	<b>9:30am</b>				SPINNING Chrissy		SPINNING Val
	<b>10:30am</b>		<i>Virtual</i>				
	<b>6:00pm</b>	SPINNING	SPINNING Dana T		SPINNING Dana T		

## MARTIAL ARTS PROGRAM - Studio A

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Studio A</b>	<b>12:30pm</b>					<b>Fencing</b>	
	<b>3:45pm</b>			<b>Fencing</b>			
	<b>5:00pm</b>		TKD KIDS		TKD KIDS		
	<b>5:30pm</b>					Taekwondo	
	<b>6:30pm</b>	Taekwondo		Taekwondo			

**Please note all Taekwondo classes have a monthly fee.**

## **Class Descriptions:**

**Spinning:** This cardio based cycling workout focuses on endurance training, strength and conditioning, interval training and active stretching for flexibility using a stationary bicycle. **(55min)**  
**\*SIGN UP REQUIRED AT FRONT DESK PRIOR TO CLASS\***

### **Myzone Virtual Spin Classes:**

A Virtual cycling class that will take you through a scenic adventure, while following a cardio interval training routine to increase endurance and strength and core conditioning. No instructor present.

## **Martial Arts:**

**Taekwondo:(\$) Please note all Taekwondo classes have a monthly fee.**

**\$45/ month and a onetime purchase of a regulation GEE.**

A class for self-defense, self-confidence, self-discipline, a positive attitude, flexibility, stress reduction, weight management and improved co-ordination.

Teens & adults ages 12 and up. Kids classes – ages 7-11.

Initial meeting with Master sensei Adrianna is required prior to registration. Call: 941-416-4510 OR EMAIL: [Adrianas\\_army@hotmail.com](mailto:Adrianas_army@hotmail.com) to schedule meeting.

### **Fencing:**

Fencing engages the artistic art forms of a dancer, the physical demands of an athlete and the finesse of a chess player moving at the speed of a bullet. Guidance from Engarde! To Touche!

All equipment provided.





# Elite Training & Specialty Programs Schedule

Effective AUGUST 6<sup>th</sup>, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>7:30am</u>			<b>Pilates Reformer Advanced (\$)</b> Lisa			
<u>8:00am</u>	<b>Total Body Workout (\$)</b> Natalia		<b>Free Motion (\$)</b> Sandy			
<u>8:30am</u>	<b>Pilates Reformer Intermediate (\$)</b> Lisa					
<u>9:00am</u>	<b>Free Motion (\$)</b> Natalia		<b>Free Motion (\$)</b> Sandy	<b>Free Motion (\$)</b> Natalia	<b>Pilates Reformer Beginner/Intermed (\$)</b> Lisa	
<u>9:30am</u>	<b>Pilates Reformer Beginner (\$)</b> Lisa					
<u>10:00am</u>				<b>Pilates Reformer Intermediate (\$)</b> Lisa		
<u>11:00am</u>		<b>11:30am</b> <b>Free Motion (\$)</b> Bonnie		<b>Women on Weights (W.O.W) (\$)</b> Tina		
<u>1:30pm</u>		<b>Mindfulness Class</b> Ron				
<u>3:00pm</u>		<b>Women on Weights (W.O.W) (\$)</b> Tina				
<u>4:30pm</u>		<b>Women on Weights (W.O.W) (\$)</b> Dana		<b>Women on Weights (W.O.W) (\$)</b> Dana		
<u>5:30pm</u>			<b>Pilates Reformer (\$) Beginner/Intermed</b> Linda	<b>Pilates Reformer (\$) Beginner/Intermed</b> Linda		
<u>6:00pm</u>		<b>Free Motion for Women (\$)</b> Bonnie				

**New! Small Group Personal Training: Golfer performance Class!**

Improve your golfing performance in this small group. Contact details on back.

## **Class Descriptions and Instructions:**

**Small group classes taught by certified Personal Trainers. Class space is limited, payment & sign up required prior to attending class. Please see front desk or contact the Wellness Director Suzanne @ 941-492-9622 EXT 145 or [ssinclair@veniceymca.org](mailto:ssinclair@veniceymca.org) for more information.**

**Free Motion Classes: (\$) (Free Motion Zone upstairs)** Free Motion is a resistance training class designed to increase core strength and balance. You will use pushing, pulling, bending, twisting and squatting techniques for a complete functional training experience. All levels welcome.

**Golfer Performance Class: (\$)** Small group training for Golfers of all levels to improve performance through flexibility and strength training techniques. Please contact wellness Director for sign up information.

**Mindfulness Class (Studio C):** This class will be led by Ron Zaleski founder of "The Long Walk Home", an organization helping Veterans and their families make the transition through exercise and mindfulness. The ongoing class is an hour of exploring different modalities of breathing, mediation and mindfulness aimed at empowering individuals in transforming their lives on every level.

**Pilates Reformer Classes: (\$) (Pilates studio upstairs)** Reformer Exercises are performed on a specialty apparatus using a foot bar and a sliding platform with springs and pulleys that provide resistance to Strengthen and tone your entire body. The Pilates method is designed to strengthen and lengthen your muscles, improve posture and flexibility while creating a strong "Mind & Body" Connection.

**Small Group Personal Training with Lucia** (\$)- 941 416 6007 Please contact Lucia for availability







**Total Body Workout: (\$) (Myzone Studio)** This small group personal training class will power you through cardio and muscle building routines designed to torch calories while keeping you in your optimal heart rate training zones!

**Women on Weights (W.O.W): (\$) (Meet Instructor at Wellness Desk)** Small group personal training class designed for women, who want to strengthen and tone their muscles using free weights, cable pulleys and functional training methods. Focus is on proper form and technique to prevent injury and education for cardiovascular health. This class is suitable for intermediate and advanced levels.



# Chronic Disease Prevention & Management Programs Schedule

Effective AUGUST 6<sup>th</sup>, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>10:30am</b>	<b>Pedaling for Parkinson's - Spin Rm</b> Val		<b>Pedaling for Parkinson's - Spin Rm</b> Val		<b>Pedaling for Parkinson's - Spin Rm</b> Bill	
<b>11:30am</b>	<b>Moving for Better Balance (\$) - Studio C</b> Leslie					
<b>12:30pm</b>	<b>LIVESTRONG AT THE YMCA</b> <b>Studio C</b> Leslie		<b>LIVESTRONG AT THE YMCA</b> <b>Studio C</b> Leslie			
<b>1:00pm</b>	 <b>(\$)</b> <b>Studio C</b> Stanene		 <b>(\$)</b> <b>Studio C</b> Stanene		 <b>(\$)</b> <b>Studio C</b> Stanene	
<b>2:30pm</b>		 <b>(\$) All Levels - Studio A</b> Val K	<b>2:00pm</b> <b>Moving for Better Balance (\$) - Studio C</b> Leslie	 <b>(\$) All Levels - Studio A</b> Val K		 <b>(\$) Advanced - MYZONE Studio</b> Val K

## CHRONIC DISEASE PREVENTION & MANAGEMENT PROGRAMS

ALL classes require an ASSESSMENT session prior to enrollment. Please contact our Health Innovations Coordinator, Jane Martin @ 941-375-9123 or [jmartin@veniceymca.org](mailto:jmartin@veniceymca.org) for information and to sign up.

## **Class Descriptions and Instructions:**

### **CHRONIC DISEASE PREVENTION & MANAGEMENT PROGRAMS**

**ALL classes require an ASSESSMENT session prior to enrollment. Please contact our Health Innovations Coordinator, Jane Martin @ 941-375-9123 or [jmartin@veniceymca.org](mailto:jmartin@veniceymca.org) for information and to sign up.**

**Enhance@Fitness: (\$) (Studio C)** (16-week sessions @\$75 for members & \$125 for non-members) (August 12<sup>th</sup> – November 29<sup>th</sup>) (Enhance@Fitness is an evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active through their life. Each class session includes cardiovascular, strength training, balance and flexibility exercises. Those with a chronic condition, such as arthritis, need not worry; you will never have to do anything that hurts. Participants can use chairs for support, if necessary, and increase the weight you use for strength training at your own pace for the duration of the 16-weeks.

**Live strong: (Studio C)** (12-week sessions) Livestrong is recommended for survivors of any type of cancer, at any point in their cancer journey from diagnosis to 30+ years post-diagnosis. This research-based program offers people affected with cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person, by focusing on the emotional well-being of survivors and their families by providing a supportive community where people impacted by cancer can connect during treatment and beyond.

**Moving for Better Balance: (\$) (Studio C)** (12-week sessions @ \$75 for members & \$125 non-members) This balance, and functional ability program works on improving cognitive and physical ability to reduce fall-related risks and fall frequency. The principles and movements of Tai Chi are used to help older adults increase their strength, improve their balance, and increase their confidence in doing everyday activities.

**Pedaling for Parkinson's: (Spinning Studio)** (Weekly) Pedaling a bicycle at a rapid pace - optimally, 80-90 revolutions per minute - helps reduce symptoms of Parkinson's disease. This program is appropriate for patients in stages I – III. Stage IV patients are evaluated on a case-by-case basis.

**Rock Steady Boxing: (\$) (Studio A & MYZONE Studio)** (Monthly @ \$30 a month for unlimited classes) Rock Steady Boxing uses the fundamentals of boxing training in addition to Parkinson's specific exercises which studies have shown to reverse, reduce & even delay the symptoms of Parkinson's. By exercising with coaches who know the ropes, you can fight your way out of the corner & start to feel & function better. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. All participants must complete the Parkinson's Wellness forms and have a Rock Steady Boxing Assessment before joining the program.