

# Class Outline

## PWR!Moves

### Sun City West Yoga Club

#### Class Introduction

A Parkinson-specific class that uses functional exercises to keep participants moving and doing more of what they want to do. As participants, they will be challenged physically and cognitively while working on fitness goals: strength, balance, agility, aerobics, and flexibility. Exercises are designed to improve fitness, counteract PD symptoms and increase daily activity. This whole-body function-focused class will push students to do more than they think they can in a fun, empowering and enriched environment.

Each class will be approximately 60 minutes long.

#### Targeted Level

- |  |  |
|--|--|
| <input checked="" type="checkbox"/> All Levels | <input type="checkbox"/> Novice                  |
| <input type="checkbox"/> Beginner              | <input type="checkbox"/> Beginner / Intermediate |
| <input type="checkbox"/> Intermediate          | <input type="checkbox"/> Intermediate / Advanced |
| <input type="checkbox"/> Advanced              | <input type="checkbox"/> Other (describe):       |

#### Student Prerequisites

The class is limited to 20 participants on a first come first serve basis.

Students wear comfortable clothes that allow them to move freely with the exercises.

Class participants will need either a Yoga or Pilate mat.

Have a water bottle with a lid that prevents spilling.

#### Classroom Methodology

The class is practiced using chairs.

The instructor will guide the class through a series of whole-body functioned-focus exercises. Modifications to exercises will be suggested by the instructor to target each person's unique symptoms individually.