

Class Outline  
PWR!Moves  
Sun City West Yoga Club

**Class Introduction**

This class is designed for participants who have movement disorders for example, Parkinson's, Dystonia, Ataxia, etc. It is also an excellent program for those who are just getting back into an exercise routine. Members will learn how to use high effort, muscle activation for bigger movements, better posture, balance and everyday function such as walking, turning, rising from a chair, or floor, buttoning or speaking. As participants practice, they will be challenged physically and cognitively while working on fitness goals. This whole body function-focused exercise class will push students to do more than they think they can in a fun, empowering and enriched environment.

**Targeted Level**

- X All Levels  Novice  
 Beginner  Beginner / Intermediate  
 Intermediate  Intermediate / Advanced  
 Advanced Other – Varies by class.

**Student Prerequisites**

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

**Equipment**

The class incorporates chairs in performing exercises.