

Exercise Classes Timetable for 2019

Please contact our Physiotherapists before starting any of the classes below.

Monday	
10am	Shake Rattle and Roll
11am	Top to Toe
1pm – 3pm	Open Gym
Tuesday	
10.15am	Parkinson's Crusaders
11.30am	Top to Toe
10am	Power of Dance (High Level) *
11am	Power of Dance (Low Level) *
1.30pm	Yoga at St Martin's*
Wednesday	
10am – 11am	Parkinson's Power
1pm – 3pm	Open Gym
Thursday	
10am	Shake Rattle and Roll
11am	Shake Rattle and Roll
2.15pm	Yoga
Friday	
10am	Nordic Walking (Hagley Park) *
10.00am – 12pm	Open Gym
1pm	Re-Tread

Class Name	Description	Cost	Instructor
Shake Rattle and Roll	Innovative, fun and safe exercise for people with Parkinson's. You need to be able to get on/off floor independently and follow instructions.	\$8	Kim
Top to Toe	Mostly chair based exercises with opportunity to also use some gym equipment with assistance. You need to be able to get into/out of a chair with little or no help or use your own wheelchair. A cheerful and fun group suitable for people with Parkinson's or MS.	\$8	Kim
Parkinson's Crusaders	Innovative, fun and safe exercise for people with Parkinson's. If you have memory problems or have difficulty following instructions this is the class for you.	\$8	Kim
Parkinson's Power NEW CLASS for 2020*	Parkinson's Power is a high energy class for those who are in the early stages of their Parkinson's and looking for a BIG challenge! We focus on exercises that make you work hard and challenge your balance and coordination. You must be in good general health to join this class. This class is not suitable for people who have had previous falls or experience freezing.	\$8	Tara/Anna
Re-Tread	Mostly chair based exercises with opportunity to also use some gym equipment with assistance. You need to be able to get into/out of a chair with little or no help or use your own wheelchair. A cheerful and fun group suitable for people with MS.	\$8	Kim
Yoga	Yoga class suitable for people with Parkinson's or MS. You need to be able to get on/off floor independently, stand with minimal or light support and follow instructions.	\$8	Lisa
Power of Dance (High Level)	Moving to music using dance as exercise. A fun way to get fit! You should be able to walk independently and remain on your feet for the entire class. Partners welcome and encouraged to attend.	\$8	Adriann
Power of Dance (Low Level)	Moving to music using dance as exercise. A fun way to get fit! This is a chair based class Partners welcome and encouraged to attend.	\$8	Adriann
Nordic Walking	Outdoor walking using Nordic Poles. Suitable for people with MS or Parkinson's and support persons welcome. You need to be able to walk comfortably for a minimum of 45 minutes.	\$8	Frances
Open Gym	The gym is open to complete your own physio prescribed exercise programmes under supervision.	\$8	Jill/Tara

Location of most classes are at the MS and Parkinson's Society Gym except for classes with *

All classes are approximately 1 hour unless otherwise stated

Tuesday Yoga: St Martin's Community Centre

Power of Dance: Impact Dance and Stage School, 29 Kilmarnock Street, Riccarton

Nordic Walking : 10am Hagley Park