



**Multiple Sclerosis
& Parkinson's**
CANTERBURY



Exercise Class Timetable

Exercise is for everyone

Why not make an appointment with our Physiotherapist Tara who can help you find the exercise group that is the most suitable for you?

Tailored exercise programmes

Whether you would like to use our gym, your local gym or workout at home, speak to Tara or Lee to get you started.

Timetable

From 19 April 2021

Monday

10am	Shake Rattle and Roll
11am	Top to Toe
1pm – 3pm	Open Gym

Tuesday

10am	Shake Rattle and Roll
11.15am	Top to Toe
1pm	Top to Toe (formerly Retread)
1.30pm	Yoga at St Martin's Community Centre*

Wednesday

1pm – 3pm	Open Gym
-----------	----------

Thursday

10am	Shake Rattle and Roll
11am	Top to Toe
2.15pm	Yoga

Friday

10am – 12pm	Open Gym
1pm	Parkinson's Power

*Classes are approximately 1 hour and held at 49 Sir William Pickering Drive with exception of Tuesday Yoga which is held at St Martin's Community Centre, 122 Wilson's Road.

Class Details

Shake Rattle and Roll

Innovative, fun and safe exercise for people with Parkinson's. You need to be able to get on and off the floor independently and follow instructions.

Cost: \$8 **Instructor: Kim**

Top to Toe (formerly Retread)

Mostly chair based exercises with the opportunity to use some gym equipment with assistance. You need to be able to get in and 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.

Cost: \$8 **Instructor: Kim**

Parkinson's Power

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.

This class is not suitable for people who experience regular falls or freezing.

Cost: \$8 **Instructor: Tara**

Yoga

Yoga class suitable for people with Parkinson's or MS. You need to be able to get on or off the floor independently, stand with minimal or light support and follow instructions.

Cost: \$8 **Instructor: Lisa**

Open Gym

The gym is open to complete your own physio prescribed exercise programmes under supervision.

Cost: \$8 **Instructor: Tara or Lee**



**Multiple Sclerosis
& Parkinson's**
CANTERBURY

Phone: 03 366 2857
Email: support@ms-pd.org.nz
49 Sir William Pickering Drive,
Burnside, Christchurch
www.ms-pd.org.nz

You will also find this timetable on our website if you need to check times.