



**Multiple Sclerosis
& Parkinson's**
CANTERBURY



Exercise Class Timetable

Exercise is for everyone

Make an appointment with our Physiotherapist Tara who can help you find the exercise group that is the most suitable for you?

Please note that until further notice it is still essential to book all classes and open gym sessions online.

If you haven't attended a class for 6 months or you have any questions regarding suitability of classes please email Tara at: physio@ms-pd.org.nz

Timetable January 2022

Monday

9.45am	Parkinson's Potential
11am	Top to Toe
12.45pm – 1.45pm	Open Gym (Session 1)
2pm – 3pm	Open Gym (Session 2)

Tuesday

9.45am	Gym Circuit
11am	Gym Circuit

Wednesday

12.45pm – 1.45pm	Open Gym (Session 1)
2pm – 3pm	Open Gym (Session 2)

Thursday

9.45am	Parkinson's Potential
11am	Top to Toe

Friday

9.45am – 10.45am	Open Gym (Session 1)
11am – Midday	Open Gym (Session 2)
1pm	Parkinson's Power

Classes are approximately 50 minutes and held at 49 Sir William Pickering Drive



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

Class Details

Parkinson's Potential

A fun and innovative class for people with Parkinson's. Exercises are mostly completed standing to challenge your balance, coordination and get you puffing. We include practice of functional skills you need to keep your Parkinson's problems in check. You will need to be able to get on and off the floor independently and follow instruction

Cost: \$8

Instructor: Tara

Top to Toe (formerly Retread)

A cheerful and fun exercise class for people with MS or Parkinson's. We focus on using your whole body to keep you as fit as possible, regardless of any walking or balance difficulties you may have. Most exercises are done sitting with some standing exercises an option for those who are able and want to work on their balance. This class is suitable for people who use a walking aid or a wheelchair. Support persons welcome.

Cost: \$8

Instructor: Tara

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

Gym Circuit

This is a circuit based exercise class using the gym equipment. This is the perfect option for people who need more support to exercise and use gym equipment. Suitable for people who use a wheelchair, need that little bit of extra support to get the most from their exercise programme, or who have difficulty following instructions. Support persons welcome.

Cost: \$8

Instructor: Tara

Open Gym

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

Cost: \$8

Instructor: Lee or Tara

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