

Fitness Schedule



SAMPLE SCHEDULE - SUBJECT TO CHANGE



Monday	Tuesday	Wednesday	Thursday	Friday
Functional Fit 8:00 – 8:45am WS		Functional Fit 8:00 – 8:45am WS		Functional Fit 8:00 – 8:45am WS
Power Circuit 9:00 – 9:45am WS	Balance 2 9:00 – 9:45am WS	Mat Mania 9:00 – 9:45am WS	Balance 2 9:00 – 9:45am WS	Power Circuit 9:00 – 9:45am WS
**Parkinson's 10:30am – 11:30am WS		Line Dancing 10:00am – 12:00pm WS	**Parkinson's 10:30am – 11:30am WS	**Rhythmic Drumming 10:00 – 10:45am WS
	**Chair Yoga 11:00 – 11:45am WS			**Chair Yoga 11:00 – 11:45am WS
Neuro Flex 2:30 – 3:00pm WS	Balance 1 2:30 – 3:00pm WS	Neuro Flex 2:30 – 3:00pm WS	Balance 1 2:30 – 3:00pm WS	Neuro Flex 2:30 – 3:00pm WS

Class Intensity:
 Low
 Moderate
 High

Class Locations:
 WS: Wellness Studio
 CG: Crossings Green

Wellness Office:
 x3084
wellness@landis.org

** Specialty classes offered at an additional fee-for-service (no charge for all other classes)

- ✓ Medical Clearance is required for all new participants
- ✓ Contact the wellness office for more information about the fitness classes and the Parkinson's Wellness Program.