



# April 2025

## The Plaza

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:30 – <b>Balance + Stability</b> 11:15 – <b>Chair Yoga</b>	2 10:30 – <b>Strength Circuit + Boxing</b>	3 10:30 – <b>Balance + Stability</b> 11:15 – <b>Chair Yoga</b>	4 10:30 – <b>Be Wise Exercise</b>
7 10:30 – <b>Strength Circuit + Boxing</b>	8 10:30 – <b>Balance + Stability</b> 11:15 – <b>Chair Yoga</b>	9 10:30 – <b>Strength Circuit + Boxing</b>	10 10:30 – <b>Balance + Stability</b> 11:15 – <b>Chair Yoga</b>	11 10:30 – <b>Be Wise Exercise</b>
14 10:30 – <b>Strength Circuit + Boxing</b>	15 10:30 – <b>Balance + Stability</b> 11:15 – <b>Chair Yoga</b>	16 10:30 – <b>Strength Circuit + Boxing</b>	17 10:30 – <b>Balance + Stability</b> 11:15 – <b>Chair Yoga</b>	18 10:30 – <b>Be Wise Exercise</b>
21 10:30 – <b>Strength Circuit + Boxing</b>	22 10:30 – <b>Balance + Stability</b> 11:15 – <b>Chair Yoga</b>	23 <b>No Class</b>	24 <b>No Class</b>	25 <b>No Class</b>
28 10:30 – <b>Strength Circuit + Boxing</b>	29 10:30 – <b>Balance + Stability</b> 11:15 – <b>Chair Yoga</b>	30 10:30 – <b>Strength Circuit + Boxing</b>		

## Class descriptions:

### **Balance and Stability Circuit**

Challenge yourself while doing standing exercises and standing movement challenges as you proceed through a circuit of 14 exercises that will be modified to your ability. Medium Intensity.

### **Strength + Boxing Circuit**

10 full body strength exercises that can be done seated or standing, to increase core, upper and lower body strength to improve endurance for daily activities. Low to medium intensity.

### **Be Wise Exercise + Parkinson's Support Group**

This class focuses on energy efficient exercises that use the brain and body to improve postural strength and balance to increase daily endurance for all activities. Side effects- increased energy, decreased stress and strain on the body, less falls, improved sleep and digestion. Low intensity.

### **Chair Yoga**

Seated class focusing on relaxation breathing, posture, and stretching of all muscles head to toe. Low intensity.