



May 2025

The Plaza

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:30 a.m. – Balance + Stability 11:15 a.m. – Chair Yoga	2 10:30 a.m. – Be Wise Exercise
5 10:30 – Strength Circuit + Boxing	6 No Classes Mother's Day Brunch	7 10:30 a.m. – Strength Circuit + Boxing	8 10:30 a.m. – Balance + Stability 11:15 a.m. – Chair Yoga	9 10:30 a.m. – Be Wise Exercise
12 10:30 – Strength Circuit + Boxing	13 10:30 a.m. – Balance + Stability 11:15 a.m. – Chair Yoga	14 10:30 a.m. – Strength Circuit + Boxing	15 10:30 a.m. – Balance + Stability 11:15 a.m. – Chair Yoga	16 10:30 a.m. – Be Wise Exercise
19 10:30 – Strength Circuit + Boxing	20 10:30 a.m. – Balance + Stability 11:15 a.m. – Chair Yoga	21 10:30 a.m. – Strength Circuit + Boxing	22 10:30 a.m. – Balance + Stability 11:15 a.m. – Chair Yoga	23 10:30 a.m. – Be Wise Exercise
26 Memorial Day No Classes	27 10:30 a.m. – Balance + Stability 11:15 a.m. – Chair Yoga	28 10:30 a.m. – Strength Circuit + Boxing	29 10:30 a.m. – Balance + Stability 11:15 a.m. – Chair Yoga	30 10:30 a.m. – Be Wise Exercise

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

Ten full-body strength exercises that can be done seated or standing to increase core, upper, and lower body strength, and 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, and to increase daily endurance for all activities. Side effects include increased energy, decreased stress and strain on the body, fewer 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.

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