



March 2025

The Plaza

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30 – Strength Circuit + Boxing	4 10:30 – Balance + Stability 11:15 – Chair Yoga	5 10:30 – Strength Circuit + Boxing	6 10:30 – Balance + Stability 11:15 – Chair Yoga	7 10:30 – Be Wise Exercise
10 10:30 – Strength Circuit + Boxing	11 10:30 – Balance + Stability 11:15 – Chair Yoga	12 10:30 – Strength Circuit + Boxing	13 10:30 – Balance + Stability 11:15 – Chair Yoga	14 10:30 – Be Wise Exercise
17 10:30 – Strength Circuit + Boxing	18 10:30 – Balance + Stability 11:15 – Chair Yoga	19 10:30 – Strength Circuit + Boxing	20 10:30 – Balance + Stability 11:15 – Chair Yoga	21 10:30 – Be Wise Exercise
24 10:30 – Strength Circuit + Boxing	25 10:30 – Balance + Stability 11:15 – Chair Yoga	26 10:30 – Strength Circuit + Boxing	27 10:30 – Balance + Stability 11:15 – Chair Yoga	28 10:30 – Be Wise Exercise
31 10:30 – Strength Circuit + Boxing				

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 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.

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