

Minneapolis VA Health Care System Parkinson's Disease Virtual Wellness Groups Master Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Flex & Stretch 10:00-11:00 a.m. Emily	Wellness I 10:00-11:00 a.m. Steph	Wellness II 10:00-11:00 a.m. Hillari	Flex & Stretch 10:00-11:00 a.m. Hillari	
	LOUD Crowd®2 1:00-2:00 p.m. Jen	LOUD Crowd®2 11:00 a.m.-12:00 p.m. Aubrey	Chair Yoga 11:00-11:55 a.m. Hillari	LOUD Crowd®2 1:00-2:00 p.m. Aubrey
			Wellness I 2:00-3:00 p.m. Emily	Wellness II 2:00-3:00 p.m. Hillari
				LOUD Crowd®1 3:00-4:00 p.m. Aubrey

Descriptions (All classes are 50-60 minutes in length)

- **Wellness I:** Exercise with high intensity and strength training intervals for a great total body workout. Modified exercises given for sitting and standing. **All levels.**
- **Wellness II:** Exercise with high intensity and strength training intervals for a total body workout. Must be able to easily transfer down and up from the floor.
- **Flex & Stretch:** Gain strength and flexibility in this class. **All levels.**
- **Chair Yoga:** Enjoy mindfulness, flexibility, balance and strength work from a seated and/or standing position. **All levels.**
- **LOUD Crowd®1:** Practice effective communication by "Speaking with Intent," for those that need a little extra help or time.
- **LOUD Crowd®2:** Practice effective communication by "Speaking with Intent."

Classes are taught by trained physical and speech therapists. Talk to your therapist about which classes are right for you!