

APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10-11 Mindful Movement 11:30-12:30 B.E.D. L2 2-3 Boxing 3:15-4:30 Support Groups 4:30-5:30 Tai Chi 5:30-7 Power L3	4 2:00-3:00 B.E.D.L1/L2 3:15-4:15 Art Workshop	5 10-11 MindfulMovement 11:30-12:30 B.E.D.L2 1-2 Drumming Circle 3:15-4:15 Boxing 5:30-6:30 Power	6 10-11 Yes I Can Dance 10-11 Spinning for PD* 11:30-12:30 B.E.D. L2 2-3 Ask the Doctor 3:15-4:30 Support Groups 3:30-4:30 LSVT Graduates	7 10-11 Mindful Movement 11:30-12:30 B.E.D.L1 1-2 Song in My Heart 2:15-3:15 Boxing
10 10-11 Mindful Movement 11:30-12:30 B.E.D. L2 2-3 Boxing 3:15-4:30 Support Groups 4:30-5:30 Tai Chi 5:30-7 Power L3	11 2:00-3:00 B.E.D.L1/L2 3:15-4:15 Art Workshop	12 10-11 MindfulMovement 11:30-12:30 B.E.D.L2 1-2 Drumming Circle 1:30-3:00 MJFox Webinar 3:15-4:15 Boxing 5:30-6:30 Power	13 10-11 Yes I Can Dance 10-11 Spinning for PD* 11:30-12:30 B.E.D. L2 3:15-4:30 Support Groups 3:30-4:30 LSVT Graduates	14 10-11 Mindful Movement 11:30-12:30 B.E.D.L1 1-2 Song in My Heart 2:15-3:15 Boxing
17 10-11 Mindful Movement 11:30-12:30 B.E.D. L2 2-3 Boxing 3:15-4:30 Support Groups 4:30-5:30 Tai Chi 5:30-7 Power L3	CLOSED	19 10-11 MindfulMovement 11:30-12:30 B.E.D.L2 1-2 Drumming Circle 2-3 Greene Speaker Series 3:15-4:15 Boxing 5:30-6:30 Power	20 10-11 Yes I Can Dance 10-11 Spinning for PD* 11:30-12:30 B.E.D. L2 3:15-4:30 Support Groups 3:30-4:30 LSVT Graduates	21 10-11 Mindful Movement 11:30-12:30 B.E.D.L1 1-2 Song in My Heart 2:15-3:15 Boxing
24 10-11 Mindful Movement 11:30-12:30 B.E.D. L2 2-3 Boxing 3:15-4:30 Support Groups 4:30-5:30 Tai Chi 5:30-7 Power L3	25 2:00-3:00 B.E.D.L1/L2 3:15-4:15 Art Workshop	26 10-11 MindfulMovement 11:30-12:30 B.E.D.L2 1-2 Drumming Circle 3:15-4:15 Boxing 5:30-6:30 Power	27 10-11 Yes I Can Dance 10-11 Spinning for PD* 11:30-12:30 B.E.D. L2 3:15-4:30 Support Groups 3:30-4:30 LSVT Graduates and open to all today	28 10-11 Mindful Movement 11:30-12:30 B.E.D.L1 11:30 New Client Assessments 1-2 Song in My Heart 2:15-3:15 Boxing
April 27th LSVT class at 3:30PM is open to ALL clients.	Support Groups will not meet on April 10th or 13th.	<u>April 19 -11:00 am</u> <u>Celebrate</u> <u>InMotion's 2nd</u> <u>Birthday with us!</u>	April 29 Open House 10 am - 2pm	April 28th- Any new client or client that has not been assessed yet, can come at 11:30am for their first assessment.

PLEASE NOTE: Class sizes are limited, so it is important that you register in advance for classes. Registering also provides us with your contact information should we need to notify you of any changes in scheduling.

Mindful Movement with Char every Monday at 10 a.m.
 ***Spinning for PD** is located at: YMCA 4433 Northfield Rd Warr. Hts, OH Thursdays at 10 am. with Certified PD Cycling Coach Sandy Ellis

4/12- MJFox Webinar
Facilitated by Dr. Karen Jaffe:
Complementary Medicine for Parkinson's
 What to consider about acupuncture, herbs and vitamins, and diet
 1:30-3:00pm

****4/19- Bill & Sally Greene**
Speaker Series
Return To Golf Program
with Trevor Hazen, Shellie McQuaid, Gina Babinec
 This program is helping people with PD, improve balance, coordination, muscle strength and, most importantly, self-esteem through the creative combination of rehabilitation-based golf fitness and recreational therapy. The Return To Golf® program is free of charge.
 2:00-3:00pm



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Better Every Day - B.E.D.

Level 1 (L1)

Taught by certified PWR!Moves and Delay the Disease coaches. Intensity level /low to moderate. Exercises are chair based and programming addresses the basic function and mobility of all joints, & develops strength related to the symptom of PD. Participants will learn fundamental exercises for getting on and off the floor, rolling over, out of a chair, standing up, getting out of a car, and walking. We will focus on BIG exaggerated movements at this level. There will be some floor work.

Level 2 (L2) Requires more effort-minimal floor work. Begins with 15 min. of volleyball, 300 yds of gait work arm swing, partner band mobility, finished with 20 min. intense full body strength addressing lower body power, upper body pulling strength, upper body pushing strength, and axial mobility. Intensity moderate to high.

Power -(L3): Designed for the participant to train with purpose/push to the max. Step out of your comfort zone -test your limits. Monday Class begins with 30 minutes of balance/mobility/breathing as a prep for the following hr. of performance training. Field movement, Advanced PWR!Moves ground work, muscle prep with suspension training, medicine balls, therabands, intense interval cardio, Lower body strength with weights, Upper body Strength with weights. Intensity level High

Mindful Movement/Yoga Reach - MM/YR

A therapeutic, educational mindful movement program that provides an intrinsic drive to perform daily living skills. It offers breath work, mindfulness, adaptive movement, exercises and relaxation techniques as a complementary tool to improve mobility, develop awareness, empowerment, healing modalities, and well-being.

This mindful movement practice explores new possibilities for your MIND, BODY, and SPIRIT.

Boxing: Learn the fundamentals of movement, balance, strength, mental focus, and most of all learn how to take it to the next level. Attack your movement disorder head-on. Come ready to get after it-maximize your efforts! Class is led by Rock Steady Boxing certified coaches. The focus is to improve the overall fitness, postural imbalances, maintain a healthy body. Classes are high intensity and transitions are rapid.

Tai Chi

A health and wellness program for all ages utilizing ancient wisdom from 2000 years past. Blending the healing qualities of Tai Chi Chuan, Qi Gong, Meditation and The Way of the Shaolin Warrior, our training will fine tune and recharge your mental, physical and spiritual health. Tai chi helps people with Movement Disorders
Tai chi includes exercises and posture changes by which the body flows slowly from one position

Yes I Can Dance

Modeled after the Mark Morris Dance Group/Brooklyn Parkinson Group's Dance for PD ® program in New York City, participants are empowered to explore movement/music in ways that are enjoyable, stimulating, creative. The class explores range of motion using vivid imagery, helps to improve coordination and strength through the combination of rhythmic phrases, sustained movements. Led by professionally-trained dancers, this class provides a joyful environment to experience dance/explore movement potential.

Song in My Heart: "Song in My Heart" vocal troupe sings together weekly at InMotion! Together, the session group chooses their favorite songs to sing. Discussion will follow each enriching session. Whether or not you would consider yourself "a singer" does not matter. This group is open to everyone.

Art Workshop

This workshop is open to both clients and carepartners. During these weekly sessions, community members will gather together to share stories and learn from one another. Multiple fine art media will be introduced, including oil pastels, watercolors, soft pastels, and acrylic paint. Participants will be encouraged to create work of their own inspiration and all will work to complete a piece by the end of each class meeting.

Spinning for PD at the "Y"

Join Certified Parkinson's Cycling Coach Sandy Ellis for an hour of spinning specifically designed for people with Parkinson's Disease at the "Y"

Cycling Schedule: Mon: 1:30-3:00, Wed: 9:30-12:30 and 1:30-3:00, Thur. 9:30-12:30 and 1:30-3:00, Fri: 9:30-12:30 and 1:30-3:00