



calgaryjcc.com

403-253-8600
1607 90 Avenue SW
Calgary, AB T2V 4V7



PWR! Moves

for people living with Parkinson's disease

The **PWR!Moves** program assists to mitigate symptoms and rebuild mobility and functionality.



PWR!Moves Group Exercise Classes

A Parkinson-specific exercise class that uses functional exercises to keep you moving and doing more of what you want to do! As you practice, you will be challenged physically and cognitively while working on fitness goals: strength, balance, agility, aerobics, and flexibility. Exercises are designed to improve your fitness, counteract your PD symptoms, and increase your daily activity. This whole body, function-focused exercise class will push you to do more than you think you can in a fun, empowering, and enriching environment!

Start with a PWR!Moves Assessment and move into a class tailored specifically for you.

PWR!Moves Assessments

A one-time assessment is required prior to enrollment.

Book your assessment: Contact Diane Thuna at dthuna@cjcc.ca or 403-444-3150.

Assessment Cost: \$65

Assessment times vary and are approximately 60 minutes in length.

PWR!Moves Memberships

Lifestyle Membership

Membership is \$89 + GST per month and includes:

- Three weekly in-person daytime classes
Mondays, Wednesdays, and Fridays
- Urban Poling Classes - Mondays*
- Gentle Chair Yoga Classes - Fridays*

**With safety approval.*