

PWR!Moves Memberships

Lifestyle Membership

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

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

**With safety approval.*

NEW! Parkinson's-Focused Personal Training

Perfect for you if you:

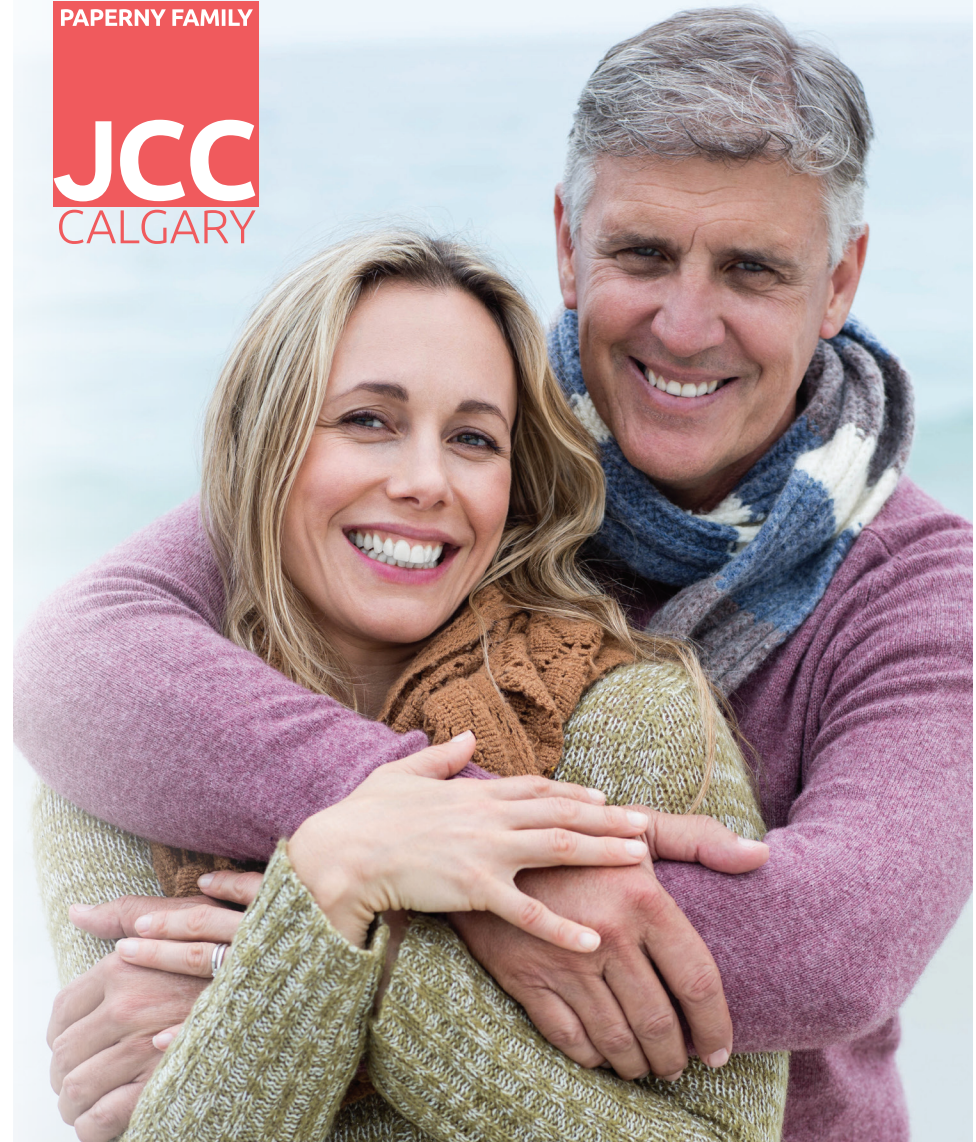
- Have Parkinson disease or parkinsonism
- Experience freezing of gait, rigidity, or balance issues
- Want exclusive time with a PWR!Moves certified personal trainer and feel class time is never enough
- Are overwhelmed with how and where to start when creating your own exercise plan
- Are unable to attend our daytime PWR!Moves classes

What does Parkinson's-Focused Personal Training include?

- An individualized Parkinson's Disease-specific exercise plan.
- Expert one-on-one support from a certified PWR!Moves personal trainer.

**For more information about PWR!Moves
or Personal Training contact:**

Diane Thuna
dthuna@cjcc.ca
403-444-3150
calgaryjcc.com



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!

Exercises are designed to:

- Improve mobility and function.
- Reduce fall risk.
- Boost physical and cognitive performance.
- Support lifelong movement with Parkinson's.

Start with a PWR!Moves Assessment and move into a class tailored for your level.

PWR!Moves Group Exercise Classes

PWR! Stay Steady

Tuesdays & Thursdays | 1:15 - 2:15PM

Fridays (Gentle Chair Yoga) | 12:05 - 1:00PM

A slow-paced, supportive class for those who need extra assistance.

- Seated exercises to improve posture, flexibility, and confidence.
- Slow, rhythmic movements to reduce rigidity.
- Emphasis on breath, repetition, and safe transitions.
- Supportive and welcoming environment.

PWR! Step Forward

Mondays, Wednesdays & Fridays | 1:15 - 2:15PM

An intermediate-level class combining seated and standing work.

- Improve balance, strength, and functional transitions.
- Use of larger, faster movements to combat slowness.
- Includes cognitive and dual-task challenges.
- Standing with or without a chair for support.

PWR! Full Stride

Mondays, Wednesdays & Fridays | 12:00 - 1:00PM

A high-level class for advanced movers using all positions (floor to standing).

- Exercises in supine, prone, all fours, sitting, and standing.
- Fast-paced, whole-body movement for strength and agility.
- Quick transitions, multi-directional movement, and cognitive-motor tasks.
- Minimal support and higher physical effort.

A one-time assessment (\$65 + GST) is required prior to enrollment.

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

Assessment times vary and are approximately 60 minutes in length.