

## 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.

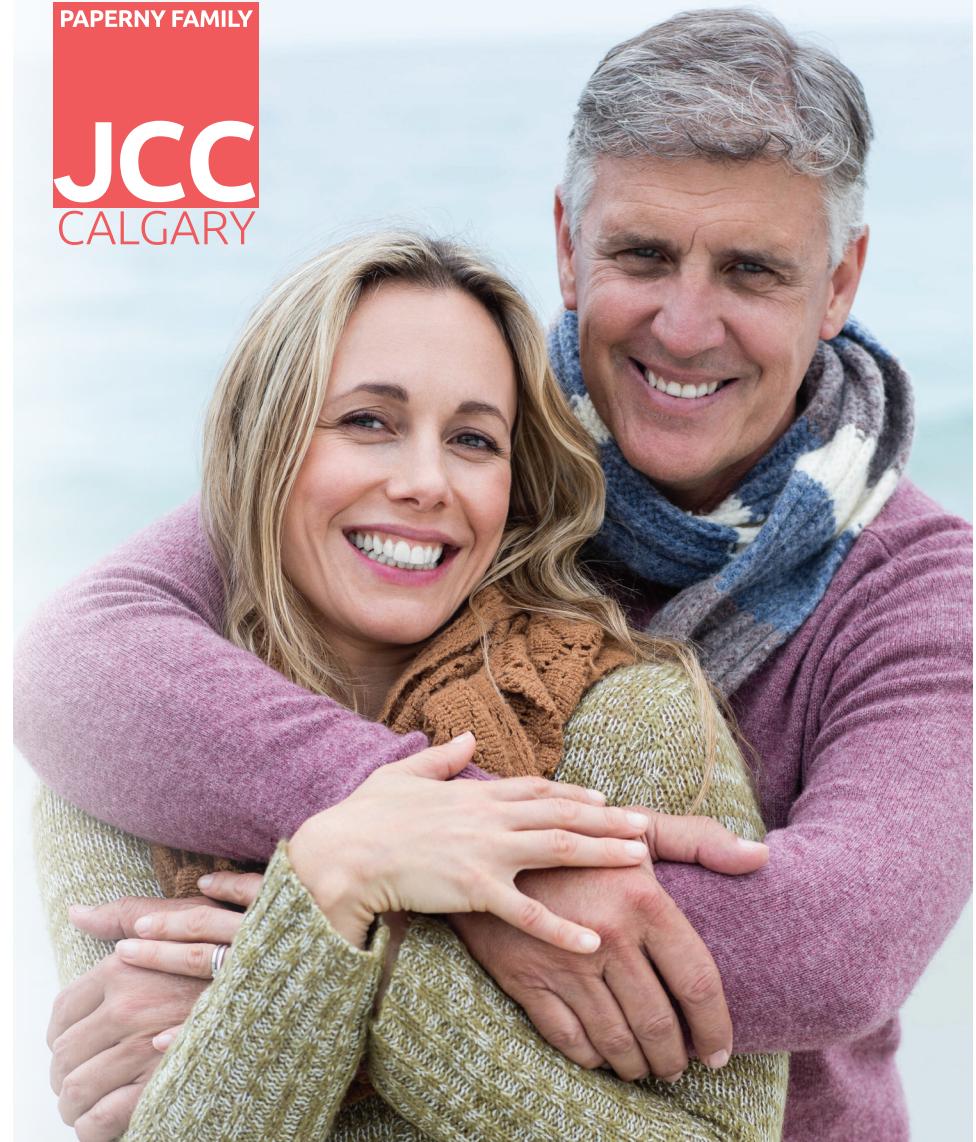
For more information about PWR!Moves or Personal Training contact:

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



PAPERNY FAMILY

**JCC**  
CALGARY



**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](mailto:dthuna@cjcc.ca) or 403-444-3150.

*Assessment times vary and are approximately 60 minutes in length.*