



calgaryjcc.com

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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 Cherlene Magnuson at cmagnuson@cjcc.ca or 403-444-3159.

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
- Two weekly virtual classes - Tuesdays and Thursdays*
Urban Poling Classes - Mondays*
- Gentle Chair Yoga Classes - Fridays*

NEW! Virtual Membership

Membership is \$56 + GST per month and includes:

- Two weekly virtual classes - Tuesdays and Thursdays*

COMING SOON! Workforce Membership

Membership is \$60 + GST per month and includes:

- Two weekly in-person evening classes
Tuesdays and Thursdays
- Two weekly virtual classes - Tuesdays and Thursdays*

**With safety approval.*