

# Online Exercise Class Schedule

all class times are pacific time zone

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am					Exercise for Dysautonomia	
9am				Yoga		
10am			Functional fitness 2	Boxing 2		
11am	Functional fitness 3	Functional Fitness 3	Boxing 3	Functional Fitness 3	Functional Fitness 3	Functional Fitness 3
2pm	re+connect PD Group	FND Education			Balance	
3pm	Caregiver Group	PD Education Class				
4pm	Dystonia Education Class <i>NEW!</i>			Theme changes each month!		
5pm	re+center: Bridging Mind and Body					
5:10pm			Yoga			
6:30pm				Interval Training		

**Functional Fitness:** functional movement & strengthening class. emphasizing postural mobility and powerful movements. Level 2 beginning intermediate, Level 3 intermediate/advanced  
**Interval Training:** cardio focused interval class  
**Yoga:** all levels restorative yoga class; seated and standing options

**Balance:** all-level class focusing on balance and control  
**re+center:** FND focused Mind and Body class, mindfulness class  
**re+connect:** support and connection group led by our psychology team for those diagnosed with PD  
**Boxing:** Shadow boxing, Level 2 beginning intermediate, Level 3 intermediate/advanced

