



EXERCISABILITIES FALL CLASS CATALOG

Welcome to our new format for Everything Class Based at ExercisAbilities. We look forward to building a Fall, Winter, Spring, and Summer Catalog just for you. All classes will now be in 8 week blocks. Some will continue to be rolling and drop in as before and be included in the monthly class pass. Others will be for 8 or 16 weeks, vary from season to season, and be under our new unique class fee system. Check out what's new inside!



Registration instructions: All registrations only accepted in person or on phone for Fall, 2019. No online sign up available.

Participation in all classes is subject to the therapist and exercise specialist assessment during the free fitness assessment or formal therapy visit. They will work with you to determine the best class for you based on many factors including safety, cognitive ability to follow in groups, and physical ability.

Sign up for your free fitness assessment by a Certified Exercise Physiologist by contacting our office at 507-259-7570. If you have not had physical or occupational therapy for more than 1 year with a chronic/longstanding condition or if you have a new physical, medical, or intellectual condition, a new physical therapy and or occupational therapy evaluation is recommended prior to taking your first class.



Workshops

Workshops are classes with set schedule and run in 8 week sessions. We do not take silver and fit or silver sneakers to pay for these classes. The fee varies based on the frequency of classes, maximum class size, skills required to teach the class, and supervision for safety required.

Autism Fitness

Children with social and behavioral challenges (ASD, ADHD, and other behavioral difficulties) may find functional motor skills incredibly complicated. Practice with age appropriate motor skills and increasing physical activity opportunities has been shown significantly improvement interactions and communication with others both verbally and nonverbally. Autism Fitness is a well-developed approach to using movement experiences with positive behavior support to improve a child's overall interaction with their world.

Ages: This class is for ages 6-10 and is limited to 4 children per class.

Held at ExercisAbilities – 2530 Broadway Ave N, Rochester

Dates: October 28 – Dec 20th Session 2

Time/Day: Monday 5:15 PM – 6PM

\$120 per session/child



Workshops Continued

Kids Shape

KidShape 2.0 is an interactive healthy living lifestyle change program for children in the 85th percentile or higher for body weight and their parents/guardians. Six two-hour sessions held weekly include nutrition education activities including family shopping, prep, and cooking as well as physical activity education. KidShape 2.0 is delivered by a registered dietitian and a youth exercise specialist, utilizing the KidShape 2.0 and SPARK curriculum. This curriculum is evidence based and developed by a team of experts. This class is inclusive, all abilities welcome. Children must be able to sit and listen to instruction for at least 30 minutes at a time as well as be able to practice skills at home.

For ages 6-12 years of age

Cost: \$120/6-week session, \$20 each monthly meeting after the first 6 weeks.

Monthly meetings held Thursdays 5PM to 6PM.

(Your insurance *may* pay for this depending on your coverage agreement for group Medical Nutrition Therapy with a Registered Dietitian and if you get a medical provider referral for the program. Contact our office to assist you with this.)

Held at ExercisAbilities – 2530 Broadway Ave N, Rochester

Time: Tuesday's 5:30 PM to 7:30 PM

Dates: Session 1: September 17th-October 22nd

Session 2: October 29th – Dec 3rd



Classes

Classes run with a \$50 unlimited month Class Pass or Silver Sneakers/Silver and Fit Membership. All classes are drop in and you do not have to let us know if you are coming or not. Note no classes December 20th to January 6th. Winter session will start January 6th.

PWR! Parkinson's Wellness Recovery

PWR! classes are research-evidence based and proven to slow the progression of Parkinson's Disease symptoms when performed at least 3 times per week. Our exercise specialists will lead you through special BIG movements that will get you moving and feeling better from the very first class. You will see that you will gain more energy, have improved voice volume, move with less stiffness and stopping, and improved safety from falls just to name a few of the benefits.

Ages 30+

Held at ExercisAbilities – 2530 Broadway Ave N, Rochester

Dates: September 3-Dec 20th

Times and Days: Drop in Monday, Tuesday, Wednesday, Thursday or Friday at 3PM or 11 AM Mondays and Wednesdays (Attend as many as you want)



Classes

DD Adaptive Fitness

This class is a fun and energizing way to add exercise to your day for those with developmental intellectual disability. You will learn how to exercise for fun while doing strength, agility, and aerobic activities with your friends. Our trainers will assure a 6 to 1 teacher to participant ratio to provide a safe fun atmosphere to lose weight, get stronger, and improve your quality of life and health along the way! A great way to train to compete stronger in Special Olympics events.

Ages: This class is for ages 15 and up.

Held at ExercisAbilities – 2530 Broadway Ave N, Rochester

Dates: Session 1: September 3rd—Dec 20th

Times and Days: Wednesday and Thursday at 4:00PM

Stroke Fitness Class (combined with Sit and B Fit)

This exercise program can improve motor function (muscle strength, balance, walking), cardiovascular fitness, bone density, executive functions and memory. The stroke class can help to improve the physical and cognitive abilities of people living with a stroke, also help reduce the risk of secondary complications such as falls, fractures and heart disease. It is also a wonderful social opportunity to meet others that have the same struggles and same celebrations of success! Get moving and join us for a great class!

Ages: This class is for ages 15 and up.

Held at ExercisAbilities – 2530 Broadway Ave N, Rochester

Dates: Session 1: September 3rd—Dec 20th

Times and Days: Tuesday and Thursday 9:00 AM/Wednesday 1:00 PM and Friday 2:00 PM

Sit and Be Fit (Combined with Stroke Fitness)

An adaptive fitness class that will improve your function. A safe, seated class for adults who have difficulty standing for greater than a 5 minutes or poor balance. out of chair activities will be explored if you are safe with supervision. You will stretch, strengthen, and balance, feel better and move with more ease. Chairs provided.

Ages 18+

Held at ExercisAbilities – 2530 Broadway Ave N, Rochester

Dates: September 3-Dec 20th

Times And Days: Tuesday and Thursday 9:00 AM

Coming soon!

Special Athletes Adaptive Training Program

Athletes of all abilities need to build strength and flexibility in order to safely compete in their sport. Building Strength and flexibility can not only help you to be at the top of your game, but also can help you better perform life skills with more ease, less pain, and more success! Our exercise specialists will lead the group in exercises and activities to get you ready to win that medal and be at your best!

Ages: This class is for ages 15 and up.

Held at ExercisAbilities – 2530 Broadway Ave N, Rochester

Dates and times will be announced in an upcoming newsletter. Join our newsletter at www.exercisabilities.org

A New Partnership with Rochester Adaptive Park and Rec

We are offering partner programs with Rochester Adaptive Park and Rec in their Fall Awesome and Accessible Fitness, Recreation and Wellness Program! Please see their online brochure for registration details.

Classes being offered:

Adaptive Aquatics, swim lessons, and Aquatic Physical Therapy—Monday and Wednesday Evenings

Awesome Adaptive Fitness—Ages 11-21 at the Rec Center Thursdays at 4:00 PM—5:00 PM

Building Blocks: A Social Skills Development Program—Ages 11-21 at the Rec Center on Tuesdays 4:00 PM to 6:00 PM

For more info and to register, go to:

<https://www.rochestermn.gov/departments/parks-and-recreation/activities-classes/adaptive>