

# CLASS SCHEDULE

## MONDAYS

---

**11:00 AM**

60 min



**Empower-U (Green/Yellow)**

Danielle Lemoine

[Show Details](#) ▼

U-Turn Parkinson's

---

**11:00 AM**

60 min



**ONLINE Empower-U (Green/Yellow)**

Danielle Lemoine

[Show Details](#) ▼

U-Turn Parkinson's

---

**12:30 PM**

60 min



**Empower-U (Orange/Red)**

Danielle Lemoine

[Show Details](#) ▼

U-Turn Parkinson's

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# TUESDAYS

10:00 AM

60 min



Boxing (Green/Yellow)

Ray Carriere

Show Details ▾

U-Turn Parkinson's

11:30 AM

60 min



ONLINE Boxing (Green/Yellow)

Ray Carriere

U-Turn Parkinson's

11:30 AM

60 min



Power Stretch (Green/Yellow)

Jordana Hague

Show Details ▾

U-Turn Parkinson's

1:00 PM

60 min



Dancing with Parkinson's (Green/Yellow)

Brenda Gorlick

Show Details ▾

U-Turn Parkinson's

# WEDNESDAYS

---

10:00 AM

60 min



ONLINE Power Stretch (Green/Yellow)

Jordyn Bain

Show Details ▼

U-Turn Parkinson's

10:30 AM

60 min



Empower-U (Orange/Red)

Ray Carriere

Show Details ▼

U-Turn Parkinson's

12:00 PM

60 min



Empower-U (Green/Yellow)

Ray Carriere

Show Details ▼

U-Turn Parkinson's

# THURSDAYS

10:30 AM

60 min



Power Stretch (Green/Yellow)

Jordana Hague

Show Details ▾

U-Turn Parkinson's

12:00 PM

60 min



Boxing (Green/Yellow)

Ray Carriere

Show Details ▾

U-Turn Parkinson's

12:00 PM

60 min

ONLINE Vocal Power (Green/Yellow)

Vina Dimayuga

Show Details ▾

U-Turn Parkinson's

1:30 PM

60 min

Vocal Power (Green/Yellow)

Vina Dimayuga

Show Details ▾

U-Turn Parkinson's

# FRIDAYS

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**11:00 AM**

60 min



**Care Partner Support Group**

Verena Schultz

[Show Details](#) 

U-Turn Parkinson's

**11:00 AM**

60 min

**Empower-U (Green/Yellow)**

Tony Hill

[Show Details](#) 

U-Turn Parkinson's

**11:00 AM**

60 min

**ONLINE Empower-U (Green/Yellow)**

Tony Hill

[Show Details](#) 

U-Turn Parkinson's

**12:30 PM**

60 min

**Empower-U (Orange/Red)**

Tony Hill

[Show Details](#) 

U-Turn Parkinson's