



U-Turn Parkinson's

[Sign Up For Classes](#)

Hi firstname,

We're excited to announce several additions and a few updates to your weekly schedule at U-Turn Parkinson's beginning the first week of November!

In partnership with Movement Disorder Clinic, we'll be offering free PD-specific exercise classes at a second location beginning November 5, 2024!

Classes will be held at 2109 Portage Avenue inside Deer Lodge Centre. These classes are designed to help individuals with Parkinson's improve strength, conditioning, and overall wellness.

Assessments are required before participation and can be booked by calling us at 204-510-4869.

Classes Offered at 2109 Portage:

- **Empower-U (Orange/Red):** Tuesdays and Thursdays 6:30 PM - 7:30 PM (beginning November 5 & 7)
- **Empower-U (Green/Yellow):** Saturdays, 10:00 AM - 11:00 AM (beginning November 9)

Classes Added at 525 Beresford Avenue:

- **Empower-U (Green/Yellow):** Mondays 1:00 PM - 2:00 PM (beginning November 4)

- **Boxing (Green/Yellow):** Wednesdays 11:30 AM - 12:30 PM (beginning November 6)

Colour Level Details

Your Class Colour Level is assigned during your in-person assessment. If you're not sure which class colour level you should be attending or would like to be reassessed, give us a call at 204-510-4869 or email info@uturnpd.org.

Important Notes:

- Our Golden Gloves class will be rebranded to Empower-U (Orange/Red) beginning November 4, 2024. The Wednesday morning class start time will be pushed back one hour from 9:00am to 10:00am.
- Both levels of Empower-U will offer a full body strength & conditioning work out that will no longer include a boxing component. We're excited to provide you with a focused full body workout at Empower-U that will target building and maintaining strength, improving posture and mobility and preserving range of motion and an opportunity to expand your boxing knowledge, technique and time on hand pads at our Boxing class. Boxing is a great exercise for people living with Parkinson's and this class will provide the opportunity to maximize it's benefits with a more focused approach.
- Boxing (Green/Yellow) on Wednesdays at 11:30 AM is for all levels of ability and will offer seated and standing options. You can expect shadow boxing, footwork, bag work and hand pads!

New Instructors

I am pleased to announce that we have added 3 new Fitness Instructors to our coaching team: Ray, Paige and Danielle Y!

You will see them in and around classes over the next several weeks while they complete their training and then they'll be stepping in to teach classes beginning in November. Please say hello when you see them around and help me welcome them into our community! You'll also get to know them a little more in our November newsletter.

Growing Sometimes Means Growing Pains

November is going to bring many exciting additions to our schedule but it might also mean that your personal schedule gets shaken up a bit. New instructors settling in and changes to classes can mean things might not flow quite the same as you're used to.

Please give our new coaches your patience, appreciation and feedback as they settle in. Give yourself time to adjust to a slightly new schedule, to test out new teaching styles and try new things.

Early January we'll be sending out our annual survey. It will give you a formal chance to share your feedback on our classes and instructors, the benefits you've experienced and any suggestions you have for ways we can improve. As always, if you have feedback you'd like to share before the survey comes out, please reach out to me at jordana@uturnpd.org or give me a call at 204-510-4869!

We are so thrilled to see so many new faces joining our community each month and therefore having the privilege of adding more classes to our schedule and instructors to our team! I am grateful to each of you that has been attending for several years, displaying true commitment to living your best with Parkinson's. One of my favourite things about our community is how welcoming and supportive we are of one another. Continue to be that friendly face in the gym and let's have a wonderful winter season together!

Live Your Best!

Jordana



Jordana *Fague*

PROGRAM MANAGER

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