



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM				8:00 am Mi Strength		8:00 am Mi Strength	
9:00 AM			9:30 am Mi Cardio		9:30 am Mi Cardio		
10:00 AM		10:00 am Mi Strength		10:00 am Mi Strength	10:00 am Mi Strength	10:00 am Mi Strength	
11:00 AM		11:00 am Mi Strength	11:00 am Mi Strength 11:00 am Mi Neuro	11:00 am Mi Strength	11:00 am Mi Neuro	11:00 am Mi Strength	
12:00 PM		12:00 pm Mi Ortho	Mi Nutrition 12:30 pm 2nd Tuesday of Month	12:00 pm Mi Ortho	12:00 pm Mi Strength		
1:00 PM				1:00 pm Mi Arthritis Foundation® Aquatic Program		1:00 pm Mi Arthritis Foundation® Aquatic Program	
2:00 PM		2:30 pm Mi Neuro: Shadowboxing		2:15 pm Mi Neuro		2:15 pm Mi Neuro	
3:00 PM				3:00 pm Dance for Parkinson's (Group-X)		3:00 pm Mobility & Stability Class	
4:00 PM		4:30 pm Mi Strength			4:30 pm Mi Strength	Please visit www.tricitywellness.com or download the MindBody app to learn more about Mi and other classes!!	
5:00 PM						 Tri-City Wellness & Fitness Center 6250 El Camino Real Carlsbad, CA 92009 760.931.3127	
6:00 PM		6:00 pm Mi Ortho Aqua RX			6:00 pm Mi Ortho Aqua RX		

Center Hours: Monday - Friday: **5 AM to 9 PM** Saturday & Sunday: **7 AM to 7 PM**

Color Key: Mi Neuro Mi Strength Mi Ortho Mi Cardio Open to All Mi Members

11.7.18

Schedule as of



Mi Neuro: Parkinson's Disease- implements evidence-based medical exercise to help those with Parkinson's through specialized fitness programs. The goal of Mi Neuro is to utilize exercise as a means to help improve brain function and quality of life as well as slow the progression of Parkinson's.

Shadowboxing- this class is led by trainer Brandon Castillo, BS, CPT and is based on the programs created by Patrick LoSasso, the president of the Los Angeles Parkinson's Association. The class takes place in the Group Fitness Studio and is open to all in Mi Neuro. This class is recommended for those with Parkinson's because shadowboxing requires big movements, balance, and endurance to perform the moves. As the class progresses the goal is to increase one's ability level in those areas in order to build strength, flexibility, and reaction time.

Dance For Parkinson's:

Dance for Parkinson's is led by Cheryl McIlhon in the Group Fitness Studio and is wonderful opportunity to practice big, smooth, controlled movement for those dealing with tremors in the limbs, the inability to maintain a smooth walking gait, a diminished sense of balance, and halting movements. In the brain there are many pathways, there is a pathway of neurons that tells the body to walk and a different pathway that tells it to dance. Meaning that if an individual has difficulty walking their brain may have an easier time moving if it is thinking "dance" not "walk." This class focuses on building core strength, coordination, and balance as well as improving neurocognition.

Mi Strength:

Mi Strength utilizes individual progressive resistance training programs which assist in promoting bone health, increasing muscle mass, and improving joint integrity. Strength training is the foundation of greater independence and a better quality of life.

Mi Ortho:

Mi Ortho is designed to guide people who have recently completed physical therapy and are looking for a continued program to maintain their gains or to any individual with any musculoskeletal injury. Mi Ortho has individualized small group programming, improved joint integrity, increased bone density, and the ultimate goal of helping you become fit!

Mi Ortho- Arthritis Foundation® Aquatics: includes gentle movements in our heated pool for a safe, ideal environment for relieving arthritis pain. We focus on increasing flexibility and range of motion and helping to build stronger muscles and overall stamina so that you feel more like you. Classes are modified to meet each individual's needs and are led by Arthritis Foundation® certified instructors. For those seeking a more challenging workout, resistance equipment can be incorporated. Beginner swimmers are welcome!

Mi Cardio: Utilizes structured progressive cardiovascular exercise in a small group setting for those who have experienced a cardiac event or have a high cardiac risk. It is our goal to decrease fatigue, improve overall physical independence to perform daily activities, and increase strength, balance, and confidence.

Mobility/Stability: This class is led by Tommy Quine, BS, CPT in the Group Fitness Studio and is recommended for all Mi members. Any and all will find benefit from this class that begins with stretching and deep tissue massage of the fascia connecting muscles and joints. It includes opportunities to safely practice and improve balance. The stretching and massaging prepares the body for focused and intentional movements to test, challenge, and increase one's joint integrity. Tommy teaches awareness of how our bodies work and which of the muscle groups are needed to keep a body upright with best posture. This class is designed to target and strengthen the muscle groups specific to maintaining balance in daily life.

Benefits of Mi Membership:

- Initial and ongoing fitness evaluations
- 8 Sessions per month of small group medical exercise
- Monthly lectures with Nutritionist and/or Guest Speaker
- Weekly Mobility/stability class
- Additional activities including Tai Chi, yoga, warm water pool and lap pool
- Full membership to Tri-City Wellness & Fitness Center

Contact Susan.Webster@activewellness.com or 760.931.3127 for more information.

