


		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
8:00 AM				8:00 Mi Strength		8:00 Mi Strength	
9:00 AM			9:30 Mi Cardio		9:30 Mi Cardio		
10:00 AM		10:00 Mi Strength		10:00 Mi Strength	10:00 Mi Strength	10:00 Mi Strength	
11:00 AM		11:15 Mi Strength	11:00 Mi Neuro  11:00 Mi Strength	11:15 Mi Strength	11:00 Mi Neuro	11:15 Mi Strength	
12:00 PM		12:30 Mi Ortho		12:30 Mi Ortho	12:15 Mi Strength		
1:00 PM				1:00 Mi Ortho Arthritis Foundation Aquatics		1:00 Mi Ortho Arthritis Foundation Aquatics	
2:00 PM		2:30-3:15 Mi Neuro Shadowboxing		2:15 Mi Neuro		2:15 Mi Neuro	
3:00 PM				3:00 Mi Dance for Parkinson's		3:00 Mi Mobility/Stability	
4:00 PM		4:30 Mi Strength			4:30 Mi Strength	Please visit <a href="http://www.tricitywellness.com">www.tricitywellness.com</a> or download the MindBody app to learn more about Mi and other classes!!	
5:00 PM						 <b>Tri-City Wellness &amp; Fitness Center</b>  6250 El Camino Real Carlsbad, CA 92009 760.931.3127	
6:00 PM		6:00 Mi Ortho Aqua Rx			6:00 Mi Ortho Aqua Rx		

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

**Mi Neuro: Parkinson's Disease-** Implements evidence-based medical exercise to help those with Parkinson's through specialized fitness programs. The goals of Mi Neuro are to utilize exercise as a means of helping to promote improved brain function and may 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:** Utilizes individual progressive resistance training programs which can help promote bone health, increase muscle mass, and improve joint integrity. Strength is the foundation of greater independence and a healthier life. It is the physical characteristic that all other physical characteristics depend on.

**Mi Ortho:** Designed to guide people who have recently completed physical therapy and are looking to continue a program to maintain their progress or to any individual with any musculoskeletal injury. Mi Ortho offers personalized group programming which can help promote improved joint integrity and increased bone density with 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 to help you feel more like yourself in and out of the water. Classes are modified to meet each individual's needs and are led by Arthritis Foundation® certified instructors. Resistance equipment can be incorporated for those seeking a more challenging workout. Beginner swimmers are welcome!

#### **Mi Ortho Aqua Rx:**

**Mi Cardio:** Utilizes structured progressive cardiovascular exercise in a small group setting for those who have experienced a cardiac event or those with a higher risk of experiencing one. Our goal is 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](mailto:Susan.Webster@activewellness.com) or 760.931.3127 for more information.

