



THERAPEUTIC
HEALTH

SUMMER CLASSES

May - August 2023

EDUCATION • HEALTH & FITNESS • SPORTS



REGISTER NOW!

ChooseEA.org

ADULT PROGRAMS – SUMMER 2023

Wheelchair Adaptive Strength and Conditioning Personal Training Group

During this small group training you'll work with a Strength and Conditioning Specialist to prepare your body to be the best at your sport and recreational activities. Our specialized trainers will assist you in a small group setting to train in strength and cardiovascular endurance activities. Our equipment is 100% accessible with peer support and you will be able to achieve the workout you need to stay injury free.

Instructor: EA Therapeutic Health Specialist

Fee: \$60

Student type: Youth & Adults (Ages 13+)

Days: Tuesday & Thursday

Times: 5:00 – 7:00 p.m.

Location: EA Therapeutic Health – Main Building

Dates: 5/2/23-6/29/23

Dates: 7/6/23-8/31/23

Registration

Registration

Deadline: 4/24/23

Deadline: 6/26/23

Wheelchair Basketball Clinic

The May 2023 Wheelchair Basketball Clinic is open to youth (age 10 -17 years old). No experience necessary. No outdoor wheelchairs allowed on the gym floor. We will have a variety of sizes of indoor sport wheelchairs available, but limited quantity. If you own an indoor sport wheelchair, please bring it!

Instructor: Alex McKay

Fee: Free

Student type: Youth (Ages 10 -17)

Day: Saturday

Time: 10 a.m. – 12 p.m.

Date: 5/13/23

Registration Deadline: 4/28/23

Location: Ironwood Spring Christian Ranch
Stewartville, MN

Wheelchair Basketball Clinic

Pump up the volume this summer! No experience necessary. No outdoor wheelchairs allowed on the gym floor. We will have a variety of sizes of indoor sport wheelchairs available, but limited quantity. If you own an indoor sport wheelchair, please bring it!

Instructor: Alex McKay

Fee: Free

Student Type: Youth and Adults (Ages 10+)

Day: Saturday

Time: 9 a.m. – 12 p.m.

Date: 7/15/23

Registration Deadline: 6/30/23

Location: Lourdes High School Rochester MN

- Youth participants must be accompanied by an adult supervisor who remains onsite at the clinic.
- Participants must be independent with self-cares or have a caregiver on site. Bring a water bottle.



Register online at ChooseEA.org or call (507) 259-7570

*Financial note: EA works with county case managers through the MN 245D HCBS Program to accept waiver payments or service agreements for all programs. Financial assistance is available based on need. Please inquire with our office to complete a financial assistance request form.

ADULT PROGRAMS – SUMMER 2023

Special Athlete Training: Strength Circuit Training

Stay strong this season and focus on strength circuit training with a group of peers. We will be focusing on strengthening, weightlifting, endurance, and cardiovascular needed for off-season training.

Instructor: EA Therapeutic Health Specialist

Fee: \$60

Student Type: Adults (18+)

Days: Tuesday & Thursday

Times: 3:00 – 4:00 p.m.

Location: EA Therapeutic Health – Main Building

Dates: 5/2/23-6/29/23

Registration

Deadline: 4/24/23

Dates: 7/6/23-8/31/23

Registration

Deadline: 6/29/23

Open Gym

Embrace a fully accessible fitness center equipped with advanced adaptive fitness equipment. You will have access to our rehab orientated gym during designated times to come and go at your leisure.

*An assessment and orientation are required prior to use.

Call 507-259-7570 to schedule assessment.

*If you require assistance with transportation, transfers, or in the restroom you must provide your own personal care attendant.

Fee: \$30 per month

Student Type: Adults (18+)

Times: Monday - Friday 8 – 9 a.m. & 12 – 1 p.m.
Tuesday & Thursday 5 – 7 p.m.

Location: EA Therapeutic Health – Main Building

Dates: May, June, July, August

Registration Deadlines:

4/24/23, 5/22/23, 6/19/23, 7/24/23

- Youth participants must be accompanied by an adult supervisor who remains onsite at the clinic.
- Participants must be independent with self-cares or have a caregiver on site. Bring a water bottle.



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Adult and Senior Classes

ADULT PROGRAMS – SUMMER 2023

Stroke Survivor Fitness Boot Camp

This 50-minute small group training is built for people who have survived and are looking to build a foundation for restorative movement. You will be working on breathing techniques, range of motion, gaining strength, and increase proper activation to help fight against compensatory movement. Exercises will start in a seated position and transition into standing.

Instructor: Stef Bjerke

Fee: \$60

Student type: Adults (18+)

Days: Tuesday & Thursday

Times: 1:00 – 2:00 p.m.

Location: EA Therapeutic Health – Main Building

Dates: 5/2/23-6/29/23

Registration

Deadline: 4/24/23

Dates: 7/6/23-8/31/23

Registration

Deadline: 6/29/23

Living a Healthy Life with Parkinson's Disease

In this 8-week session, we will explore many different Topics included: activities to reduce symptoms, ways to improve social relationships, modification options for in home daily activities or leisure activities, ways to practice practical thinking and decision-making skills, specific beneficial physical exercise programs such as dance, boxing, cycling, stretching program options, and more.

The sessions will be led by EA Therapeutic Health Staff community partners, and medical experts from area organizations.

Instructor: EA Therapeutic Health Specialist

Fee: Free – This program is covered by a grant from The Parkinson's Foundation

Student type: Adults (Ages 18+)

Days: Monday & Wednesday

Times: 1:00 – 1:50 p.m.

Location: EA Therapeutic Health – Main Building

Dates: 6/5/23-7/24/23

Registration Deadline: 5/29/23



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TerraLoco 5K Fundraiser

Join us at TerraLoco to walk or run a 5K with the EA Family! Proceeds from the event benefit EA Therapeutic Health! No pre-registration required. Registration paid on site that evening.

Dates: 6/13/23

Time: 6:00 p.m.

Location: TerraLoco
1190 16th St SW, Rochester

Fee: \$5

Walk with a Doc

Join EA Therapeutic Health, Rochester Park and Recreation, and an area doctor to learn about health, take a walk, and meet new friends. You choose your distance and pace. All are welcome! See you there.

Location: Cascade Lake Park

Dates:

Thursday, May 4

Thursday, June 1

Thursday, July 13

(moved to 2nd week due to 4th of July holiday week)

Thursday, August 3

Thursday, September 7

Schedule: 5:30-6:00 p.m. Event Registration
6:00 p.m. Talk with a Doc Followed by a Walk

Fee: FREE



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