



THERAPEUTIC  
HEALTH

# FALL CLASSES

**September - December 2023**

EDUCATION • HEALTH & FITNESS • SPORTS



REGISTER NOW!

**ChooseEA.org**

## ADULT PROGRAMS – FALL 2023

### Wheelchair Adaptive Strength and Conditioning

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:** Natalie Kalmes

**Fee:** \$60 per session

**Student type:** Youth & Adults (Ages 13+)

**Days:** Tuesday & Thursday

**Times:** 5:00 – 7:00 p.m.

**Location:** EA Therapeutic Health – Main Building

**Dates:** 9/12/23-10/31/23

**Dates:** 11/2/23-12/19/23

**Registration**

**Registration**

**Deadline:** 9/1/23

**Deadline:** 10/25/23

### Special Athlete Strength & Conditioning

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

**Instructor:** Alex McKay

**Fee:** \$60 per person

**Student type:** Adults (Ages 18+)

**Day:** Tuesday & Thursday

**Time:** 3 – 4 p.m.

**Location:** EA Therapeutic Health - Main Building

**Date:** 9/12/23-10/31/23

**Dates:** 11/2/23-12/19/23

**Registration**

**Registration**

**Deadline:** 9/1/23

**Deadline:** 10/25/23

### Wheelchair Basketball League

Pump up the volume this and join this high-energy 10-week wheelchair basketball league. Athletes must be able to self propel a wheelchair and throw a ball. Outdoor wheelchairs are not allowed on the gym floor, so we will have a variety of sizes of indoor sport wheelchairs available if needed (limited quantity). If you own an indoor sport wheelchair, please bring it.

**Instructor:** Alex McKay

**Fee:** \$50 per person

**Student Type:** Youth and Adults (Ages 10+)

**Day:** Monday

**Time:** 6 – 8 p.m.

**Location:** National Volleyball Center, Rochester MN

**Date:** 9/11/23-11/11/23

**Registration Deadline:** 9/5/23

- 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.



**Register online at [ChooseEA.org](https://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 – FALL 2023

### Sweatiest Hour

NEW in 2023! This is a health and wellness opportunity for people living with limb loss and neurological conditions. Come join us on Fridays for our sweatiest hour. Open to everyone and anyone regardless of age or ability level.

**Instructor:** EA Therapeutic Health Specialist

**Fee:** Free - Sponsored by the Hanger Clinic

**Student Type:** Adults (18+)

**Days:** Friday

**Times:** 4:30 – 5:30 p.m.

**Location:** EA Therapeutic Health – Main Building

**Dates:** 9/8/23, 9/22/23, 10/13/23, 10/27/23, 11/3/23, 11/17/23, & 12/1/23

**Registration Deadline:** One week before session

### 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:** September-December

### Cardiac Club

Are you looking for guidance or help bridging the gap to continue accomplishing your goals following cardiac rehab? Cardiac Club is an 8-week class incorporating resistive weight training and stretching in a blend of group and 1:1. Participants will be self-driven during the hour to learn a proper self-wellness program.

Session times listed are semi-programmed. Participants will have access to open gym following sessions.

**Fee:** \$60 per session

**Student Type:** Adults (18+)

**Days:** Tuesday & Thursday

**Times:** 7 - 8 a.m., 5:15 - 6:15 p.m., 5:15-6:15 p.m.

**Location:** EA Therapeutic Health – Main Building

**Dates:** 9/12/23-10/31/23

**Registration**

**Deadline:** 9/1/23

**Dates:** 11/2/23-12/19/23

**Registration**

**Deadline:** 10/25/23



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# Adult and Senior Classes

## ADULT PROGRAMS – FALL 2023

### Stroke Survivor Fitness

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:** EA Therapeutic Health Specialist

**Fee:** \$60

**Student type:** Adults (18+)

**Days:** Tuesday & Thursday

**Times:** 9:00 – 10:00 a.m.

**Location:** EA Therapeutic Health – Main Building

**Dates:** 9/12/23-10/31/23

**Dates:** 11/2/23-12/19/23

**Registration**

**Registration**

**Deadline:** 9/1/23

**Deadline:** 10/25/23

### 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:** \$60 per session

**Student type:** Adults (Ages 18+)

**Days:** Monday & Wednesday

**Times:** 1:00 – 1:50 p.m.

**Location:**

**Dates:** 9/11/23-10/30/23

**Dates:** 11/1/23-12/18/23

**Registration**

**Registration**

**Deadline:** 9/1/23

**Deadline:** 10/25/23



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