



THERAPEUTIC  
HEALTH

# WINTER CLASSES

**January - April 2024**

EDUCATION • HEALTH & FITNESS • SPORTS



REGISTER NOW!

**ChooseEA.org**

## ADULT PROGRAMS – WINTER 2024

### 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:** Natalie Mulholland

**Fee:** \$75 per person

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

**Day:** Tuesday & Thursday

**Time:** 3 – 4 p.m.

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

**Date:** 1/9/24-2/27/24

**Dates:** 3/5/24-4/30/24

**Registration**

**Registration**

**Deadline:** 1/3/24

**Deadline:** 2/22/24

### 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:** Alex McKay & Jackson Hample

**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:** 1/9/24-2/27/24

**Dates:** 3/5/24-4/30/24

**Registration**

**Registration**

**Deadline:** 1/3/24

**Deadline:** 2/22/24

### Wheelchair Basketball League

Pump up the volume and join this high-energy 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:** \$40 per person

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

**Day:** Monday

**Time:** 5:30 – 7:30 p.m.

**Location:** Boundless Activity Center, Rochester MN

**Date:** 1/8/24-2/26/24

**Date:** 3/11/24-4/29/24

**Registration**

**Registration**

**Deadline:** 1/22/24

**Deadline:** 3/4/24

**Bundle & Save** 20% by participating in Wheelchair Basketball League AND Wheelchair Adaptive Strength & Conditioning making the total cost \$80/session. Details available on the registration site.

- 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 – WINTER 2024

### 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:** December-April

### Fitness Program for Muscular Disorders (MS/MD, ALS)

Explore health and wellness opportunities for people living with muscular disorders and neurological conditions. This weekly muscular disease fitness group is open to everyone and anyone regardless of age or ability level. As an added benefit for your participation in the Saturday muscular group, you are welcome to participate in any open gym times Monday-Friday.

**Instructor:** Therapeutic Health Specialist

**Fee:** \$30/month

**Student Type:** People with muscular disorders

**Day:** Saturday (1st & 3rd each month)

**Time:** 9 – 11 a.m.

**Location:** EA Therapeutic Health

**Dates:** 1/7, 1/21, 2/4, 2/18, 3/3, 3/17, 4/7, 4/21



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# Adult and Senior Classes

## ADULT PROGRAMS – WINTER 2024

### 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:** Stef Bjerke

**Fee:** \$75

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

**Days:** Tuesday & Thursday

**Times:** 9:00 – 10:00 a.m.

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

**Dates:** 1/9/24-2/27/24

**Registration**

**Deadline:** 1/3/24

**Dates:** 3/5/24-4/30/24

**Registration**

**Deadline:** 2/22/24

### Parkinson's Class

In this 8-week session focused on living a healthy life with Parkinson's Disease, we will explore many different 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:** Zach Curry

**Fee:** \$75 per session

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

**Days:** Monday & Wednesday

**Times:** 1:00 – 1:50 p.m.

**Location:**

**Dates:** 1/8/24-2/26/24

**Registration**

**Deadline:** 1/3/24

**Dates:** 3/4/24-4/29/24

**Registration**

**Deadline:** 2/22/24

### Strength & Endurance for Seniors

This 50-minute small group training is for seniors who are looking to increase and maintain their strength and endurance. This small group training will focus on whole body strengthening and endurance. Exercise can be performed in a seated or standing position throughout the class.

**Instructor:** Liana Boffeli

**Fee:** \$75 per session

**Student type:**

**Days:** Monday & Wednesday

**Times:** 1:00 – 1:50 p.m.

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

**Dates:** 1/8/24-2/26/24

**Registration**

**Deadline:** 1/3/24

**Dates:** 3/4/24-4/29/24

**Registration**

**Deadline:** 2/22/24



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