



Summer Classes

May - August 2024

EDUCATION • HEALTH & FITNESS • SPORTS



REGISTER NOW!
ChooseEA.org



SUMMER 2024

Adult Fitness

Wheelchair-Based Adaptive Strength & 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, recreational activities, and day-to-day function. 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

Session 1: 5/7/24-6/27/24

Session 2: 7/9/24-8/29/24

Adult Strength & Conditioning

This 50-minute small group training is for adults who are looking to increase and maintain their strength and endurance but feel they need more guidance. This small group training will be focusing on whole body strengthening and endurance. We ask that participants are independent with their needs and can ambulate independently for this program.

Instructor: Alex Geraets

Fee: \$75 per session

Student Type: Youth and Adults (Ages 10+)

Day: Monday

Time: 5:30 – 7:30 p.m.

Location: EA Therapeutic Health

Session 1: 5/6/24-6/26/24

Session 2: 7/8/24-8/28/24

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.

Instructor: Natalie Mulholland

Fee: \$75 per person

Student type: Adults (Ages 18+)

Day: Tuesday & Thursday

Time: 3 – 4 p.m.

Location: EA Therapeutic Health

Session 1: 5/7/24-6/27/24

Session 2: 7/9/24-8/29/24

Adult Fitness

Senior 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

Session 1: 5/6/24-6/26/24

Session 2: 7/8/24-8/28/24

OPEN GYM

Included with any class registration

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.

Monday - Friday

8 – 9 a.m. & 12 – 1 p.m.

Tuesday & Thursday

5 – 7 p.m.

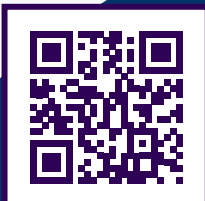
Saturday

1st & 3rd (May & June)

2nd & 4th (July & August)

9 – 11 a.m.

- 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.



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.



SUMMER 2024

Neurologic-Focused Fitness

Self-Guided Fitness Program for Neuromuscular Disorders (MS/MD, ALS)

Explore health and wellness opportunities for people living with muscular disorders and neurological conditions. Professional volunteers will be available to ensure safety and provide accessibility assistance, but you will be encouraged to self-direct your workout through the gym. This weekly muscular disease fitness group is open to everyone and anyone regardless of age or ability level. Please bring your care partner to help if you need continuous assistance for exercise or transfers. As an added bonus, you are invited to participate in any M-F open gym for no additional charge.

Instructor: Therapeutic Health Specialist

Fee: \$30/month

Student Type: People with muscular disorders

May & June

- Day: 1st & 3rd Saturday
- Time: 9 a.m. – 12 p.m.

July & August

- Day: 2nd & 4th Saturday
- Time: 9 a.m. – 12 p.m.

Location: EA Therapeutic Health

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 increasing 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

Session 1: 5/7/24-6/27/24

Session 2: 7/9/24-8/29/24

Parkinson's Fitness

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: Evangel United Methodist Church Gym

Session 1: 5/6/24-6/26/24

Session 2: 7/8/24-8/28/24



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SUMMER 2024

Sports & Skills

Registration Opening this Fall

Wheelchair Basketball League

League Play, Skill Development, Team Building



- Youth (ages 10+) and adults with all abilities are welcome regardless if you use a wheelchair.
- Indoor sport wheelchairs are required. A variety of sizes will be available if needed.
- The ability to self-propel a manual wheelchair and throw a ball is required.
- Youth participants must be accompanied by an adult.
- For those who need support with self-cares, a caregiver must be on site.



League rules can be found here

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SUMMER 2024

Special Events

Join in us at our special events happening throughout the summer!
All events are suitable for all ages, abilities, and families.

Adaptive Bike Rodeo

In collaboration with wonderful vendors and sponsors, EA is excited to offer the opportunity to host an Adaptive Bike Rodeo for children and adults with disabilities. We welcome everyone all ages! If you are a biker your welcome to bring your own!

Date: 5/17/24

Time: 4:30-7:00 p.m.

Location: Willow Creek Middle School Track

Cost: FREE

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.

Learn more:

Walk With a Doc - walkwithadoc.org

WWAD Documentary - walkwithadoc.org/alternateroute/

Location: Cascade Lake Park Picnic Shelter

Dates: May - August (first Wednesday)

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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