



# Fall Classes

September-December 2024

EDUCATION • HEALTH & FITNESS • SPORTS



REGISTER NOW!  
**ChooseEA.org**



FALL 2024

## Adult Fitness

### Adult Strength & Endurance

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 McKay  
**Fee:** \$40 per month  
**Student Type:** Youth and Adults (Ages 10+)  
**Dates:** 9/9/24-11/4/24  
**Days:** Monday & Wednesday  
**Time:** 12:00 – 1:00 p.m.  
**Location:** EA Therapeutic Health

### 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:** \$200 per month  
**Student type:** Adults (Ages 18+)  
**Dates:** 9/10/24-11/5/24  
**Days:** Tuesday & Thursday  
**Time:** 3:00 – 4:00 p.m.  
**Location:** EA Therapeutic Health

### 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:** \$40 per month  
**Student type:** Adults (Ages 55+)  
**Dates:** 9/9/24-11/4/24  
**Days:** Monday & Wednesday  
**Times:** 12:00 – 1:00 p.m.  
**Location:** EA Therapeutic Health

### 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.

**Fee:** \$30 per month  
**Monday - Friday:** 8:00 – 9:00 a.m.; 12:00 – 1:00 p.m.  
**Tuesday & Thursday:** 5:00 – 7:00 p.m.  
**Saturday:** 9:00 – 11:00 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](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.



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# Neurologic-Focused Fitness

## Multiple Sclerosis (MS) Fitness Club (All neuromuscular conditions welcome)

Exercise is medicine and nothing is better than socially exercising with peers who are on a similar journey to you. Come join us on Saturdays for our MS Fitness Club, open to everyone regardless of age and ability level. EA staff and professional community therapy and healthcare volunteers will support your self-guided exercise program in our fully accessible gym, give you tips and ideas, and facilitate peer conversation time.

Along with this Saturday group, you are welcome to participate in any open gym times Monday-Friday at no additional charge.

**Instructor:** Various  
**Fee:** \$40 per month  
**Student type:** People of all ages living with neuromuscular disorders  
**Dates:** September & October  
**Days:** Saturday  
**Times:** 9:00 – 11:00 a.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:** \$40 per month  
**Student type:** Adults (18+)  
**Dates:** 9/10/24-11/5/24  
**Days:** Tuesday & Thursday  
**Times:** 9:00 – 10:00 a.m.  
**Location:** EA Therapeutic Health

## 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:** \$40 per month  
**Student type:** Adults (Ages 18+)  
**Dates:** 9/9/24-11/4/24  
**Days:** Monday & Wednesday  
**Times:** 1:00 – 1:50 p.m.  
**Location:** Evangel United Methodist Church Gym



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## 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.



**Fee:** \$30 per month

**Student type:** Youth & Adults (Ages 10+)

**Day:** Monday

**Times:** 5:15 – 6:45 p.m.

**Location:** Boundless Activity Center

**Session 1:** 9/9/24-11/18/24

**Session 2:** 2/3/25-4/28/25

League rules can  
be found here



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