ALDERSBRIDGE
PHYSICAL THERAPY & WELLNESS CENTER

FEBRUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8 AGE STRONG CLASS 1PM	9	10	11	12 MOVE WITH HEART CLASS 1PM	13	14
15 AGE STRONG CLASS 1PM	16	17	18	19 MIND & MOTION CLASS 1PM	20	21
22 AGE STRONG CLASS 1PM	23	24	25	26 POWER IN MOTION CLASS 1PM	27	28

NOTES:

AGE STRONG focuses on Strength, Balance & Endurance for Older Adults

This functional fitness class helps older adults maintain independence through strength training, balance work, and endurance exercises. Movements are practical and modifiable, targeting everyday activities such as walking, reaching, and rising from a chair.

MOVE WITH HEART focuses on Heart Health & Lifestyle

This gentle, engaging class supports individuals in improving cardiovascular wellness and daily heart-healthy habits. Exercises combine seated and standing movement, low-impact cardio, strength, balance, and rhythmic activity to promote physical activity, endurance, and overall heart health in a safe, supportive environment.

POWER IN MOTION focuses on Parkinson's Fitness

Designed for individuals with Parkinson's disease, this class emphasizes large movements, posture, balance, coordination, and strength. Exercises are evidence-based and adaptable, helping participants improve mobility, confidence, and daily function while reducing fall risk.

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PHYSICAL THERAPY & WELLNESS CENTER

MARCH 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1 AGE STRONG CLASS 1PM	2	3	4	5 FLOW & RESTORE CLASS 1PM	6	7
8 AGE STRONG CLASS 1PM	9	10	11	12 MEMORY FITNESS CLASS 1PM	13	14
15 AGE STRONG CLASS 1PM	16	17	18	19 CORE & CONFIDENCE CLASS 1PM	20	21
22 AGE STRONG CLASS 1PM	23	24	25	26 BALANCE & BEYOND CLASS 1PM	27	28
29 AGE STRONG CLASS 1PM	30	31				

NOTES:

FLOW & RESTORE focuses on Lymphedema Wellness

A low-impact class focused on gentle movement, breathing techniques, and light resistance to support lymphatic flow. Participants learn safe exercises that promote circulation, flexibility, & swelling management, while reinforcing strategies taught in lymphedema therapy.

MEMORY FITNESS focuses on Memory, Attention, & Executive Function

Participants engage in structured memory tasks, word-finding activities, sequencing, and problem-solving. Designed to reinforce cognitive-linguistic skills. Ideal for those individuals living with mild cognitive impairment, early-stage dementia, history of stroke, or those reporting memory or attention concerns.

CORE & CONFIDENCE focuses on Core Strength, Posture & Functional Independence

This functional fitness class helps older adults maintain stability and independence by targeting core strength, posture, and balance. Movements are practical and modifiable, focusing on everyday activities such as bending, reaching, turning, and transferring safely.

BALANCE & BEYOND focuses on Balance, Reaction Time, & Safe Mobility

A targeted class addressing fall risk through progressive balance exercises, lower extremity strengthening, & functional mobility drills. Emphasis is placed on postural control, obstacle negotiation, and safe movement strategies for home & community environments. Ideal for older adults with balance deficits, history of falls, fear of falling, or gait instability.

APRIL 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 AGELESS MOTION CLASS 1PM	3	4
5 EASTER	6 AGE STRONG CLASS 1PM	7	8	9 BREATH, STRETCH & STRENGTHEN CLASS 1PM	10	11
12 AGE STRONG CLASS 1PM	13	14	15	16 FUNCTIONAL LIVING CLASS 1PM	17	18
19 AGE STRONG CLASS 1PM	20	21	22	23 CAREGIVER RESET CLASS 1PM	24	25
26 AGE STRONG CLASS 1PM	27	28	29	30 LOUD & CLEAR CLASS 1PM		

NOTES:

AGELESS MOTION focuses on Full-Body Wellness & Active Aging

A dynamic, low-impact movement class that combines cardiovascular, strength, balance, and flexibility exercises. Designed to maintain independence, improve endurance, and promote overall wellness. Ideal for older adults seeking safe, enjoyable, and comprehensive fitness.

BREATH, STRETCH & STRENGTHEN focuses on Flexibility, Mobility & Relaxation for Older Adults

A low-impact class incorporating chair-based and standing exercises, stretching, and breathing techniques. Designed for individuals with arthritis, COPD, cardiac conditions (with clearance), or general deconditioning. Ideal for participants needing a slower pace and frequent rest breaks.

FUNCTIONAL LIVING focuses on Everyday Strength & Task-Specific Movement

Simulated real-life activities help participants build strength, coordination, and safety in daily tasks. Exercises focus on lifting, reaching, transferring, and navigating common household challenges. Ideal for older adults transitioning from therapy or experiencing difficulty with ADLs.

CAREGIVER RESET focuses on Education, Body Mechanics & Stress Management

A hybrid class for family members and caregivers that combines practical education, posture and body mechanics training, and gentle exercises to reduce strain. Participants learn safe lifting techniques, stretching routines, and strategies to manage physical and emotional stress while supporting their loved ones.

APRIL 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 AGELESS MOTION CLASS 1PM	3	4
5 EASTER	6 AGE STRONG CLASS 1PM	7	8	9 BREATH, STRETCH & STRENGTHEN CLASS 1PM	10	11
12 AGE STRONG CLASS 1PM	13	14	15	16 FUNCTIONAL LIVING CLASS 1PM	17	18
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26 AGE STRONG CLASS 1PM	27	28	29	30 LOUD & CLEAR CLASS 1PM		

NOTES:

LOUD & CLEAR focuses on Voice Strength & Communication for Parkinson's

This functional speech and movement class helps individuals with Parkinson's maintain independence through vocal strengthening, breath support, and clarity of speech. Exercises are practical and modifiable, targeting everyday communication tasks such as speaking on the phone, participating in conversation, and expressing needs confidently.