



Group Exercise Class

Move I: Seated Exercise



When:

Tuesdays and Thursdays
11:15 a.m. – 12:15 p.m.

Where:

Cleveland Clinic Lou Ruvo
Center for Brain Health
888 W. Bonneville Avenue
Las Vegas, NV 89106

Participants:

Individuals with movement
disorders, decreased memory
and/or balance concerns

Instructor:

A Cleveland Clinic
physical therapist

Call: 702.483.6032
for more information

Cost: \$10 per class

What will the class include?

The following exercises will be performed while seated:

- Progressive aerobic endurance training
- Strength training
- Flexibility
- Functional movements
- Boxing

How do I get started?

- Call 702.483.6032 to check on class availability

What is required of participants?

- Be able to get up from an armless chair without staff assistance*
- Be able to walk without staff assistance; use of an assistive device is okay*

* *Must bring a personal caregiver if the participant needs assistance performing exercises safely, using the restroom, getting up from an armless chair or walking. Physical therapist who will be leading the class will not be able to provide individual assistance.*