

# Group Exercise Class

## Move II: Standing Exercise

**When:**

Tuesdays and Thursdays  
12:30 – 1:30 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?

- **High Amplitude:** Large movements
- **High Effort:** Continuous activity for 50-60 minutes
- **Rhythmic Movements:** Repeated to increase participants' opportunity to perform movements correctly
- **Strengthening**
- **Boxing**
- **Stretching**

### How do I get started?

- Requires progression from Move I (seated class) or referral from a Cleveland Clinic Lou Ruvo Center for Brain Health therapist

### What is required of participants?

- **Be capable of getting up from an armless chair without staff assistance\***
- **Be able to walk without staff assistance, use of a personal 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 therapists who will be leading the class will not be able to provide individual assistance.*