Beat PD Class Level Descriptions

Beginner:

This class focuses on balance, range of motion, voice control, functional strength and mobility. Daily life functions like upright posture, weight shifting, rotating and gait will be part of the continuous work in this class. Strength and flexibility in whole body movements will be emphasized with large muscle exercises. Boxing and visualization is included.

Bronze:

This class focuses on balance, posture and strength through a variety of exercises both standing and sitting. Standing exercise may be assisted with a wall, chair, bar, etc to hold on to for balance. Range of motion, functional movements and core strength are also central to every program. No floor work, but boxing is included either sitting or standing. Moderate standing is probable. Visualization is included.

Silver:

This class focuses on balance, posture, explosiveness and gait through a variety of exercises. Stations and/or intervals will guide the class through an individualized work-out so all participants receive results. Everybody is working at their personal high intensity level. Floor work visualization and Boxing is included.

Gold: This is an advanced class where participants will train with purpose and pushed to the max. Exercises will be intense and consist of both strength and cardio-vascular improvements. Focus will be on balance, agility, strength, explosiveness, posture and elevating heart rates to personal target rates. Floor work, boxing and visualization are included.