

BOCA RATON **WEEKLY** CLASSES

FLORIDA MOVEMENT THERAPY CENTERS

MONDAY CLASS TIMES

1ST & 3RD
OF THE MONTH

12:00 PM

FUSION

2ND & 4TH
OF THE MONTH

12:00 PM

MOVEMENT

WEDNESDAY CLASS TIMES

3:00 PM

BOOT CAMP

FRIDAY CLASS TIMES

12:00 PM

BOXING

LET'S TALK!
SPEECH
WELLNESS

ZOOM ONLY

WEDNESDAYS AT 4PM
FRIDAYS AT 1PM

*INCLUDED WITH FL MDF MEMBERSHIP

- Movement class is Beginner/Intermediate
- Fusion/Boxing is Intermediate/Advanced
- **\$20/Class or \$150/10 Class Package**
- **\$100/FL MDF Annual Membership***

SCHEDULING/QUESTIONS

☎ 561-883-7800

Reservations are required for all classes

FLORIDA MOVEMENT THERAPY CENTERS

CLASS INFORMATION



BOXING CLASS

This class is an intense non-contact boxing class to improve balance, coordination and daily function. "fight back" against Parkinson's disease!

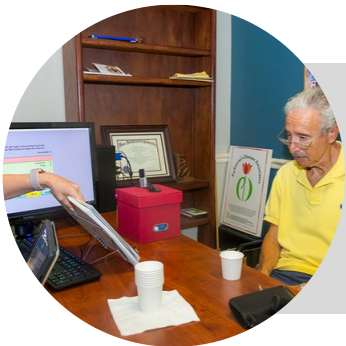
MOVEMENT CLASS

This class is designed for patients at varied functional levels. The focus of this class is to challenge dynamic sitting and standing exercises in order to maintain gains.



LET'S TALK! SPEECH WELLNESS (INCLUDED ONLY WITH FLMDF MEMBERSHIP)

The Let's Talk! class focuses on speech, swallowing and voice exercises, as well as cognitive tasks in a small group setting. Patients participate in activities and in discussion about topics related to movement disorders.



TAI CHI CLASS

This class is a mix of activities such as visualization, meditation, body mechanics and hands on physical correction/manipulation, in repetitive exercises and partner work.



Currently
Unavailable



FUSION CLASS

This class is an intense mixture of non-contact Boxing Class and Movement Class to improve balance, coordination and daily function.