



2024-2025 Class Schedule

All Classes are FREE and open to Anyone with MS!

Land Exercise and Yoga sessions are held in The Oak Clinic meeting room. Water Exercise sessions are held in the Green YMCA pool (located in the clinic building)
Stop by the front desk if you need directions!

Wellness Wednesday classes are held at Cleveland Clinic Akron General Green. 1940 Town Park Blvd.

Wellness Wednesday

Wednesdays 12 PM-2PM (light lunch will be served)

November 13: <i>Going Gluten Free</i>	March 19- <i>Heart Health and Low Sodium Nutrition</i>
December: <i>No class</i>	April 16- <i>Nutrition for Diabetes and Blood Sugar Control</i>
January 15- <i>GLP-1 Meds and Weight Loss Tips</i>	May 14- <i>Balance and Core Training</i>
February 19- <i>Aquatics Exercise</i>	June 11- <i>Summer Smoothies</i>

Land Exercise Classes

Tuesday and Thursday 10:30-11:30 am

Additional Classes held on Monday and Wednesday via Zoom

This is a strength and conditioning class designed to build functional strength and restore disrupted movement patterns. The exercise focus is on strengthening all major muscle groups to counteract MS symptoms and help the participant maintain as much independence as possible. Patients will experience improved strength, endurance, mobility, balance, flexibility and quality of life. All levels of fitness are welcome.

While in-person classes are the most beneficial, online classes are also available.

Call Sue at 419-581-1182 for the link to sign up.

Come join us, class is fun.

Yoga Classes

Monday 3-4 pm and Wednesday 6-7 pm

These classes teach Yoga postures that release muscular tension through stretching, which relaxes the body and mind. Everyone, no matter their current condition, can benefit from Yoga. Chairs are available and can be used for all or part of the class.

Water Exercise Class

Friday 10-11 am

The MS class in the water offers the stability of the water to aid in walking, as well as exercise for the body, mind and spirit.