

# In Person Class Timetable

Physiotherapy and exercise classes provided in-person at the Berkshire MS Therapy Centre

## Monday

Time	Class description	Therapist
10am-11am	High-level Strengthening and Balance Circuits	Ligia
11.30am- 12.30	Standing Strengthening and Balance class	Melanie
1pm–2pm	Seated and Standing Exercise class*	Analyn
2pm–3pm	Circuits	Ligia

## Tuesday

Time	Class description	Therapist
10am –11am	Pilates (Seated, Standing and Floor)*	Ligia
10am –11am	Seated and Standing Exercise class	Anwen

## Wednesday

Time	Class description	Therapist
No in-person classes		

## Thursday

Time	Class description	Therapist
10am–11am	Floor-based Pilates*	Ligia
10am- 11am	Seated, Standing and Floor Exercise class	Simone
11am–12pm	Seated and Standing Exercise class*	Ligia
12.30pm–1.30pm	Seated Exercise class*	Analyn
1pm–2pm	Circuits	Simone
1.30pm–2.30pm	Tai Chi*	Jackie
3pm–4pm	High-level Strengthening and Balance Circuits	Analyn

## Friday

Time	Class description	Therapist
11am- 12pm	Seated and Standing Exercise class	
1.30pm–2.30pm	Seated, Standing and Floor Exercise class*	Analyn

\* These classes can also be attended online. These sessions take place upstairs

If you would like to join any of the classes speak to your physiotherapist who will help determine which classes are appropriate for you.

Last updated: 08/10/2024

# Online Class Timetable

Physiotherapy and exercise classes provided online by the Berkshire MS Therapy Centre

## Monday

Time	Class description	Therapist
11.30am–12.15pm	Chair-based Yoga	Uddhava
1pm–2pm	Seated and Standing Exercise class*	Analyn

## Tuesday

Time	Class description	Therapist
10am–11am	Pilates (Seated, standing and floor)*	Ligia
12.30pm–1.30pm	Seated Upper Body Exercise class	Simone
2pm–3pm	Seated and Standing Exercise class	Simone
6pm–6.45pm	Chair-based Yoga	Hema

## Wednesday

Time	Class description	Therapist
11.30am–12.45pm	Yoga	Uddhava

## Thursday

Time	Class description	Therapist
10am–11am	Floor-based Pilates*	Ligia
11am–12pm	Seated and Standing Exercise class*	Ligia
12.30pm–1.30pm	Seated Exercise class*	Analyn
1.30pm–2.30pm	Tai Chi*	Jackie

## Friday

Time	Class description	Therapist
10am–11am	Chair-based Yoga	Uddhava
1.30pm–2.30pm	Seated, Standing and Floor Exercise class*	Analyn

\* These classes can also be attended in-person

If you would like to join any of the classes speak to your physiotherapist who will help determine which classes are appropriate for you.

Last updated: 08/10/2024

# Class Descriptions

## **Circuits (in-person)**

A session consisting of a warm up, followed by a variety of strengthening, balance and mobility exercises, finished with stretches to cool down. Exercises can be modified throughout the session depending on ability.

## **Seated, Standing and Floor Exercise class (in-person)**

A 60 minute exercise class consisting of seated, standing and floor exercises. This class focuses on strengthening, cardio-vascular and balance exercises.

## **Pilates (online and in-person)**

An online modified Pilates class including seated, standing and floor exercises (Tuesday) or just floor-based (Thursday). This class focuses on core stability, strengthening and stretching exercises.

## **Seated and Standing Exercise class (online)**

An online exercise class that predominately consists of seated exercises, with a small standing component, using a chair for support. This class includes strengthening and stretching exercises for both upper and lower limbs.

## **Seated Exercise class (online)**

An online seated exercise class using a chair or wheelchair throughout. This class includes global strengthening and stretching exercises for upper and lower limbs.

## **Seated Upper Body Exercise class (online)**

An online exercise class using a chair or wheelchair throughout. This class focuses entirely on upper body strengthening exercises.

## **High-level Strengthening and Balance Circuits (in-person)**

A dynamic 60 minute exercise class using weights, resistance bands and other pieces of equipment. It will consist of standing and floor based exercises, focusing on higher level balance and strengthening.

## **Standing Strengthening and Balance class (in-person)**

A 60 minute exercise class focusing on strengthening and balance exercises. Each 6 weeks there is different focus alternating between balance and strengthening exercises.

## **Strengthening class (in-person)**

A 60 minute strengthening class consisting of a warm up, followed by a variety of dynamic strengthening exercises, finished with stretches to cool down. Exercises are done while standing.

## Tai Chi (online and in-person)

This online and in-person class is aimed at relaxation and breathing exercise. It does not require a lot of strength or flexibility and you can complete the class seated or standing.

## Yoga (online)

On a Monday, Tuesday and Friday, these are seated online Yoga classes using a chair or wheelchair throughout. The class combines physical movement, strengthening and stretching exercises. The online Yoga class also includes standing.

## How to sign up

It is important that you join a class that is suitable for your needs. If you already have physiotherapy at Centre please talk to your physiotherapist who will be the best person to advise you. If you are new to the Centre or new to exercise at the Centre, please call us on **0118 901 6000**, email [ms@bmstc.org](mailto:ms@bmstc.org) or **ask at reception**.

**We look forward to seeing you at one of our classes soon!**

## Short term courses

We also run a variety of short term courses of typically 6-8 weeks throughout the year.

You can find details of these [on our website here](#).