

2025-2026 Class Schedule

All classes are FREE and open to anyone with MS!

Call Sue Arnold at 419-581-1182 to register

Wellness Wednesday

Wednesdays 12 PM-2PM, light lunch served

Cleveland Clinic Akron General Green, 1940 Town Park Blvd

These sessions include two parts. The first hour is a discussion on various nutrition or exercise topics. The second session is an educational hour with a medical focus, typically related to the field of multiple sclerosis. The following is a list of topics for the first hour:

October 15: Health Benefits of Fall Favorites	February 11: Indulge with Healthier Dessert Ideas
November: No class	March 11: Strength Training for Beginners
December 17: Mindful Eating Practices	April 15: Health Benefits of Fiber
January 14: Benefits of Walking & Other Low Impact Cardio	May 13: Anti-inflammatory Cooking Demo

Land Exercise Classes

Tuesdays and Thursdays 10:30-11:30 am: The Oak Clinic Meeting Room

Monday and Wednesday 10:30-11:30 am: via zoom

This is a strength and conditioning class designed to build functional strength and restore disrupted movement patterns to counteract MS symptoms and help the participant maintain independence. All levels of fitness are welcome. While in-person classes are most beneficial, online classes are available. Call Sue at 419-581-1182 for the link.

Yoga Classes

Mondays 3-4 pm and Wednesdays 6-7 pm

The Oak Clinic Meeting Room

These classes teach yoga postures that release muscle tension through stretching to relax the body and mind. Everyone, no matter current condition, can benefit from yoga. Chairs are available and can be used for all or part of the class.

Water Exercise Class

Fridays 10-11 am

Green YMCA pool (located in the clinic building)

This MS class is in the water to offer the stability of the aqua-therapy to aid in walking, as well as exercise for the body, mind, and spirit.