



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXERCISE CLASS FOR PEOPLE LIVING WITH PARKINSON'S

6 Weeks: Tues., April 10 – Thurs., May 17, 2012
Tuesdays/Thursdays Classes - 12:30 – 1:30 pm
Registration Deadline: Monday, April 9th

Chickahominy YMCA Group Exercise Studio

Participants will engage in activities to maximize general range of motion and balance. Light weight training, stretching exercises, and balance training will be used to facilitate activities of daily living. Cardio exercise in wellness center included.

“PWR! Moves” Fitness Training will be highlighted.

Instructor: Tricia Wright

YMCA Members: *\$35 per 6-week session

Y Community Members: *\$65 per 6-week session

***Financial assistance available: please inquire at YMCA Front Desk**

For more information please contact:

Tricia Wright, Wellness Coordinator, at 804-737-9622; wrightt@ymcarichmond.org

Chickahominy Family YMCA

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