



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXERCISE CLASS FOR PEOPLE LIVING WITH PARKINSON'S

**Tuesdays and Thursdays
11 a.m. – 12 p.m.**

Participants will engage in activities to maximize general range of motion and balance. Light weight training, free exercises, and balance training will be used to facilitate activities of daily living. Some abdominal work may be included.

Member: \$30 per 6 week session

Community Member: \$60 per 6 week session

For more information please contact:

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John Rolfe Family YMCA

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