



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARKINSON'S WELLNESS PROGRAM

Group Training Class NORTHWEST FAMILY YMCA

The Parkinson's Wellness Program is designed for people with Parkinson's Disease to maintain an active lifestyle through cardiovascular conditioning, strength training, flexibility, and balance. The program will allow participants the chance to try various activities and group exercise classes in a small group environment led by certified YMCA personal trainers and/or group exercise instructors.

Experience the following benefits:

- greater everyday independence at home and in the community
- the camaraderie of group exercise
- learning to live a healthier lifestyle

It is an 8-week program that will meet twice per week for 60 minutes and will incorporate a variety of exercises and introductions to group exercise classes. Participants must provide a medical clearance form and be independently mobile or have someone present to assist them.

Next session: begins the week of June 6, 2016
Meets Wednesdays and Fridays, 10:30-11:30 a.m.

Cost:

YMCA members: FREE

Non-members: \$48 per 8-week session

Additional Personal Training:

Personal training provides individualized workouts that can help maintain the skills and function gained in physical or occupational therapy. Work one-on-one with a certified personal training who will help you reach your goals. Must be a member to purchase personal training packages. Please visit the YMCA front desk for more information.

NORTHWEST FAMILY YMCA

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