



TOTAL BODY PARKINSON'S

Exercise Class for People with Parkinson's Disease (PD)

Activities include Strength, Cardio, Boxing, Cycling, Agility, Flexibility, and Balance. Exercise has been shown to slow the progression and manage symptoms of PD.

**Wednesdays
& Fridays**

11:00 - 11:45AM

Free for Members
\$30 per month for
Non-members

PARTICIPANTS MUST BE ABLE TO:

- Move from station to station
- Get up and down from floor
- Perform lateral movement, cardio movements and free weight exercises safely
- Process verbal cues with minimum assistance

PRE-REQUISITES:

1. Schedule a screening / intake with Martha Cobb, Coordinator of Community Health Programs, (413) 596-2749, x3107 or mcobb@springfieldy.org
2. Medical Clearance from a physician

SCANTIC VALLEY YMCA
45 Post Office Park, Wilbraham MA
www.springfieldy.org

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PARKINSON DISEASE
ASSOCIATION
MASSACHUSETTS CHAPTER
Strength in optimism. Hope in progress.