



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Fight PD is an  
exercise class  
for people with  
Parkinson's Disease (PD).**



**For who:** People with Parkinson's Disease, that are community dwelling (not in a facility) and independent with walking (may use a device).

**Exercise has been shown to slow progression and manage symptoms of PD. Participants need to be able to:** Move from station to station • Get up and down to/from the floor • Perform Lateral Movement • Cardio Movements • Free Weight Exercises • Process cues with minimal assistance.

**Activities involved:** Stretching • Agility • Cardio • Strength • Boxing

**Pre-requisites:** Medical clearance from doctor, screening/intake with Michelle Urbanski, Health & Wellness Director

**Monday & Friday  
11:00AM-12:00PM  
Starting Nov. 28th**

**First  
Class  
Free**

**\$5/class Drop-in fee or  
Purchase 10 Session Package for \$50  
(Redeemed as you come in)**

For more information contact: Michelle Urbanski  
Email: [murbanski@westfieldymca.org](mailto:murbanski@westfieldymca.org)  
Phone: (413) 568-8631

YMCA of Greater Westfield  
[www.westfieldymca.org](http://www.westfieldymca.org)  
67 Court Street, Westfield, MA 01085