



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING STRENGTH TO THRIVE

Parkinson's Classes

Approximately 7 to 10 million people all over the world live with Parkinson's disease. Parkinson's disease is a chronic, progressive neurological disorder where part of the brain gradually becomes more damaged as the years go by.

The Parkinson's Cycling Program is an indoor cycling class where individuals diagnosed with Parkinson's Disease work in a group setting coached by a certified Parkinson's Cycle Coach. This class has shown to help in symptom management of the disease.

Parkinson's Cycle is **generously funded by the Parkinson's Foundation** and is open to all members of our Parkinson's community regardless of YMCA or Parkinson's Foundation membership. Care takers are welcome to participate as well. **There is no cost to participate.**



Parkinson's Surf and Turf is a land and water based exercise program available for YMCA members to attend at no additional cost. Special YMCA membership joining rates are available for Parkinson's Foundation members.

Peter Blum Family YMCA
6631 Palmetto Circle S
Boca Raton, FL 33433

DeVos-Blum Family YMCA
9600 S Military Tr
Boynton Beach, FL 33436

Parkinson's Cycle
Wednesdays
12:00PM-1:00PM

Parkinson's Surf and Turf
Tuesdays and Thursdays
12:00PM-2:00PM

Parkinson's Cycle
Mondays
2:30PM-3:15PM

Parkinson's Turf **
Wednesdays and Fridays
10:00AM-11:00AM

****Boynton YMCA will only offer the Turf portion of Surf and Turf at this time**

Contact Robin Nierman at 561-300-3227 or rnierman@ymcaspb.org for more information on Parkinson's Cycle or Surf and Turf.

Contact Joan Joens at jjoens@ymcaspb.org for more information on becoming a Boca YMCA member.

Contact Betsy Driest at bdriest@ymcaspb.org for more information on becoming a Boynton YMCA member.