



# Building Strength to Thrive



## PARKINSON'S CLASSES AT THE Y

Approximately 7 - 10 million people all over the world live with Parkinson's Disease. The Y offers two classes for individuals with Parkinson's to help build up their strength.

**Parkinson's Cycle** is an indoor cycling program where individuals work in a group setting, and are coached by a certified Parkinson's Cycle Coach. The program is open to the community and offered at NO COST thanks to the generous funding from the Parkinson's Foundation.

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



Peter Blum Family YMCA	DeVos-Blum Family YMCA
<b>Parkinson's Cycle</b> Wednesdays 12pm-1pm	<b>Parkinson's Cycle</b> Mondays 2:30pm-3:15pm
<b>Parkinson's Surf and Turf</b> Tuesdays and Thursdays 12pm-2pm	<b>Parkinson's Turf</b> Wednesdays and Fridays 10am-11am

6631 Palmetto Circle South Boca Raton, FL 33433

9600 S. Military Trail Boynton Beach, FL 33436

For more information, contact Robin Nierman at 561.300.3227 or [rnierman@ymcaspbc.org](mailto:rnierman@ymcaspbc.org)

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