



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.

Parkinson's Surf and Turf is a land and water based exercise program that builds strength, balance and flexibility in a fun, social atmosphere.

Both classes are available for YMCA members at no additional cost.

| Peter Blum Family YMCA | DeVos-Blum Family YMCA |
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| Parkinson's Cycle Wednesdays 12pm-1pm | Parkinson's Cycle Mondays 2:30pm-3:15pm |
| Parkinson's Surf and Turf Tuesdays and Thursdays 12pm-2pm | Parkinson's Turf 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@ymcaspb.org