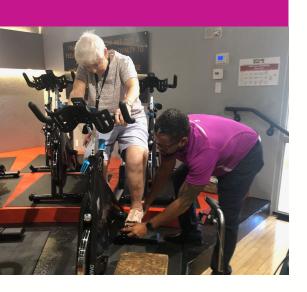


Building Strength to Thrive







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
Parkinson's Cycle	Parkinson's Cycle
Wednesdays 12pm-1pm	Mondays 2:30pm-3:15pm
Parkinson's Surf and Turf	Parkinson's Turf
Tuesdays and Thursdays 12pm-2pm	Wednesdays and Fridays 10am-11am

6631 Palmetto Circle South Boca Raton, FL 33433

9600 S. Military Trail Boynton Beach, FL 33436