



**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.

Parkinson's Dance is an dance exercise program where individuals get moving in a fun group setting, led by a Parkinson's instructor. Generously sponsored by the American Parkinson's Disease Association.



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

Peter Blum Family YMCA

6631 Palmetto Circle South, Boca Raton, FL 33433

Parkinson's Cycle

Wednesdays 12pm - 1pm

Parkinson's Surf & Turf

Tuesdays & Thursdays 12pm - 2pm

Parkinson's Dance

Sundays 12pm - 1pm

DeVos-Blum Family YMCA

9600 South Military Trail, Boynton Beach, FL 33436

Parkinson's Cycle

Mondays 10am - 11am

Parkinson's Turf

Wednesdays & Fridays 10am - 11am

For more information, contact Robin Nierman at 561.300.3227 or rnierman@ymcaspsc.org
YMCASPBC.org/communityhealth