



New! This evidence-based fitness program, lead by certified Delay the Disease instructors, is designed to empower people with Parkinson's disease and other neurological disorders as well as their caregivers and spouses. The program optimizes physical function to help delay the progression of Parkinson's symptoms. The exercise classes are geared specifically to counteract the movement challenges experienced by people with Parkinson's. The class utilizes humor, enthusiasm and optimism to motivate the participants. Participation in the class may lead to increased self confidence and independence, decreased risk of falls, minimized fatigue, reduced rigidity and improved mobility. Safety of the participants is our number one concern.

Classes are held in the Aerobics Studio!

Tuesdays at 1:00pm

Saturdays at 12:30pm