

Parkinson's Exercise Program

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM		10:45am-11:45am Rock Steady Boxing ♦ <i>Beth/Kelly/Stacie</i>	11:00a.m.-12pm Delay the Disease • <i>Gina/Crissy</i>	10:45am-11:45am Rock Steady Boxing ♦ <i>Beth/Kelly/Stacie</i>	11:00am-12pm Delay the Disease • <i>Kelly/Stacie</i>	10:00-10:55am Pedaling for Parkinson's ~ <i>Maggie</i>	
PM			11:00a.m.-12pm Mindful Movement • <i>1st and 3rd week of the month</i> <i>Ana</i>		11:00a.m.-12pm Mindful Movement • <i>1st and 3rd week of the month</i> <i>Ana</i>		
PM			6:00-6:55pm Pedaling for Parkinson's ~ <i>Maggie</i>		12:00-1:00pm The Support Group + <i>2nd and 4th week of the month</i>		
KEY: ♦ Studio 1 ■ Studio 2 • Gym +Conference Room ~ Spinning Studio First Floor ^ Outdoor Tennis Courts							

Schedule and instructors are subject to change. Physician clearance and PD assessment required prior to participation and class assignment.

A "care partner" is **required** if you need assistance with:

- getting up from a chair
- specific exercises
- ambulation
- use of the restroom
- communication

For more information contact: Kelly Kacenjar, 440-328-3446
Kelly.Kacenjar@uhhospitals.org



Fitness



Fitness Center at UH Avon Health Center
440-988-6801 | UHhospitals.org/Fitness

1997 Healthway Drive
Avon, Ohio 44011