



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRENGTH POWER BALANCE



## MOVEMENT MATTERS SOUTHSIDE YMCA

This physical activity and wellness program is designed for folks with Parkinson's Disease. The exercises and workout is specifically designed to improve stiffness, mobility, posture, balance and gait.

- Lift, battle and punch to improve strength and coordination
- Circuit style class to keep you moving and work your entire body
- 1:1 initial personal training session to identify goals
- One time registration fee of \$70.00 includes wellness assessment with personal trainer and boxing gloves.
- The class costs \$50 for members and \$75 for non members per month.

**WHEN:** Monday's and Wednesday's

**TIME:** 11:00AM

**LOCATION:** SOUTHSIDE YMCA  
8482 Perkins Rd  
Baton Rouge, La. 70810  
Contact Gwen Bowie [gbowie@ymcabr.org](mailto:gbowie@ymcabr.org)