



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRENGTH POWER BALANCE



MOVEMENT MATTERS YMCA OF THE CAPITAL AREA

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.

LOCATION: A.C. LEWIS YMCA AND SOUTHSIDE YMCA
Contact the A. C. Lewis YMCA at 225-924-3609
or Southside YMCA at 225-766-2991