



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS FOR HEALTH

Parkinson's Exercise Program EL CAMINO YMCA

Our Parkinson's Exercise Program is a fitness program designed to empower people with Parkinson's Disease (PD) by optimizing their physical function and helping to delay the progression of symptoms.

The goal of this program is to motivate participants to develop a habit of consistent exercise routines best suited to their individual needs.

Each class includes exercises to improve cardiovascular endurance, strength, flexibility and balance.

DATE Mondays, Wednesdays, and Fridays
TIME 1:30 – 2:30 pm
LOCATION Studio A - Mondays
Studio B - Wednesdays & Fridays
CONTACT Lisa Schouten at
lisa.schouten@ymcasv.org
or 650 429 1324



Lisa Schouten, MBA, BSN, RN, CPT