



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS FOR HEALTH

Parkinson's Exercise Program PALO ALTO FAMILY 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.

DAYS	Monday, Wednesday, Friday
TIMES	1:45 - 2:45 pm 2:45 - 3:45 pm
FEE	Facility Members: FREE Program Members: \$15/class (After 3 month trial)
LOCATION	Palo Alto YMCA
INFORMATION	650 856 9622 paloaltofamily@ymcasv.org

DAYS & TIMES

MONDAYS - Multi-Purpose Studio

1:45–2:45 pm Appropriate for those with balance problems, walkers and wheelchairs

2:45–3:45 pm Appropriate for those who are stable in their walking

WEDNESDAYS & FRIDAYS - Group Exercise Studio

1:45–2:45 pm Appropriate for those with balance problems, walkers and wheelchairs

2:45–3:45 pm Appropriate for those who are stable in their walking