



ACTIVE & EMPOWERED

Parkinson's Programs

Updated 07/15/2025

Monday	Tuesday	Wednesday	Thursday	Friday
	Pedaling for Parkinson's 10:30–11:15 a.m. Steph/Sandra Studio C	Exercising with Parkinson's (Blue Group) 10:30–11:15 a.m. Emily MPR		
PWR! Moves for Parkinson's 11:30 a.m. to 12:30 p.m. Shannon/Linette Gym	Yoga for Neuromuscular Disorders 11:30 a.m. to 12:15 p.m. Dawn Studio B	Exercising with Parkinson's (Yellow Group) 11:30 a.m. to 12:15 p.m. Kay MPR	Walking with Parkinson's (Yellow Group) 11:30 a.m. to 12:15 p.m. Sandra Studio A/Track	Exercising with Parkinson's 11:30 a.m. to 12:30 p.m. Emily MPR

Group recommendations are based on assessment data, which includes the Sit-to-Stand Test, Timed Up and Go Test, 4-Stage Balance Test, and 2-Minute Step Test.

Yellow Group: Classes at the Yellow level primarily involve standing exercises, with some seated and kneeling exercises.

Blue Group: Classes at the Blue level are predominantly seated, with occasional standing exercises.

Classes without a specific level designation are combined and open to participants of all levels.

For more information, please contact:

Linette Rojas

Wellness Engagement and
Chronic Disease Programs Manager
Irojas@ryallymca.org

Studio A = Second Floor

Studio B = Main Floor

Studio C = Main Floor

Multipurpose Room (MPR) = Main Floor

Track = Second Floor

EXERCISING WITH PARKINSON'S

This class works the mind and body. For individuals with Parkinson's or those who want to work on balance and coordination, this class focuses on axial rotation, balance, movement patterns, stretching and cardiovascular fitness. Movements may be done in a chair or standing.

PEDALING FOR PARKINSON'S

This class is designed to improve the quality of life for adults ages 30-75 with Idiopathic Parkinson's disease. Pedaling faster than normal cadence forces regions of the brain to connect more effectively, which can lessen disease symptoms. Participants must be able to independently mount and dismount an upright stationary bicycle.

PWR!MOVES FOR PARKINSON'S

PWR!Moves is a Parkinson's-specific class that makes exercise functional to keep you moving and doing more of what you want to do. As you practice, you will be challenged physically and cognitively while working on fitness goals: strength, balance, agility, aerobics and flexibility. Exercises are designed to improve your fitness, counteract symptoms and increase daily activity. This whole-body, function-focused exercise class will push you to do more than you think you can!

WALKING WITH PARKINSON'S

This class offers a supportive and inclusive environment where participants can engage in exercises and movements designed to address specific motor and cognitive challenges associated with Parkinson's. Led by experienced instructors, this class focuses on enhancing mobility, balance and coordination, while providing social interaction and emotional support. Whether you're newly diagnosed or have been living with Parkinson's for years, our walking class aims to improve your overall well-being and quality of life. Come walk with us and take positive steps toward a healthier and active lifestyle.

YOGA FOR NEUROMUSCULAR DISORDERS

This class offers an integrative approach to healing by using safe, effective, therapeutically-oriented yoga designed from the latest neuroscience research to adapt for individuals with Parkinson's, Multiple Sclerosis, Alzheimer's and dementia.

All classes will be held in-person. While these classes are designed for those with Parkinson's, they are also open to the general membership as space allows.

