



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2025–2026 Parkinson's Programs HOLIDAY SCHEDULE



Monday, Dec 22	Tuesday, Dec 23	Wednesday, Dec 24	Thursday, Dec 25	Friday, Dec 26
PWR!Moves for Parkinson's (Blue) 10:30–11:15 a.m. Linette & Kay MPR	Pedaling for Parkinson's 10:30–11:15 a.m. Sandra Studio C	No Classes Facility Hours 5 a.m. to noon	Merry Christmas & Happy Holidays	Exercising with Parkinson's (Blue) 10:30–11:15 a.m. Kay MPR
PWR!Moves for Parkinson's (Yellow) 11:30 a.m. to 12:30 p.m. Shannon & Sandra MPR	Yoga for Neuromuscular Disorders 11:30 a.m. to 12:15 p.m. Kay MPR			Exercising with Parkinson's (Yellow) 11:30 a.m. to 12:15 p.m. Emily MPR
				Tai Chi for Parkinson's (Yellow) 12:30–1:15 p.m. Eric MPR

Monday, Dec 29	Tuesday, Dec 30	Wednesday, Dec 31	Thursday, Jan 1	Friday, Jan 2
PWR!Moves for Parkinson's (Blue) 10:30–11:15 a.m. Linette & Kay MPR	Pedaling for Parkinson's 10:30–11:15 a.m. Steph Studio C	Exercising with Parkinson's (Blue) 10:30–11:15 a.m. Kay MPR	No Classes Facility Hours 8 a.m. to noon	Exercising with Parkinson's (Blue) 10:30–11:15 a.m. Kay MPR
PWR!Moves for Parkinson's (Yellow) 11:30 a.m. to 12:30 p.m. Shannon & Emily MPR	Yoga for Neuromuscular Disorders 11:30 a.m. to 12:15 p.m. Ronda MPR	Exercising with Parkinson's (Yellow) 11:30 a.m. to 12:15 p.m. Kay MPR		Exercising with Parkinson's (Yellow) 11:30 a.m. to 12:15 p.m. Emily MPR
				Tai Chi for Parkinson's (Yellow) 12:30–1:15 p.m. Eric MPR