



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# ACTIVE & EMPOWERED

## Parkinson's Programs

Effective 03/04/2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Exercising with Parkinson's (Blue)</b> 10:30-11:15 a.m. Kay MPR	<b>Pedaling for Parkinson's</b> 10:30-11:15 a.m. Sandra/Steph Studio C	<b>Exercising with Parkinson's (Blue)</b> 10:30-11:15 a.m. Kay MPR	<b>Pedaling for Parkinson's</b> 10:30-11:15 a.m. Sandra Studio C	<b>Exercising with Parkinson's (Blue)</b> 10:30-11:15 a.m. Kay MPR
<b>PWR! Moves for Parkinson's (Yellow)</b> 11:30 a.m. to 12:30 p.m. Shannon & Sandra MPR	<b>Yoga for Neuromuscular Disorders</b> 11:30 a.m. to 12:15 p.m. Becky MPR	<b>Exercising with Parkinson's (Yellow)</b> 11:30 a.m. to 12:15 p.m. Kay MPR	<b>Walking with Parkinson's</b> 11:30 a.m. to 12:15 p.m. Sandra & Kay MPR/Track	<b>Exercising with Parkinson's (Yellow)</b> 11:30 a.m. to 12:15 p.m. Emily MPR

Studio C = Main Floor  
 Multipurpose Room (MPR) = Main Floor  
 Track= Second Floor

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:**

**Emily Marsden**

Interim Chronic Disease Programs Manager  
 emarsden@ryallymca.org

Class sizes will be limited.

Registration will be required.

Visit our website at [brryallymca.org](http://brryallymca.org)  
 or scan the QR code.



## 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 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 exercise class designed to keep movement functional so you can continue doing the activities you love. Throughout each session, you'll be challenged both physically and cognitively while working toward key fitness goals: strength, balance, agility, aerobics, and flexibility.

Exercises are intentionally structured to improve overall fitness, counteract common symptoms, and support increased daily activity. This whole-body, function-focused class will encourage you to move bigger, stronger, and more confidently—often more than you thought you could! (You can place this description into one paragraph, not sure if it would look too long.)

**Yellow Group:** This group will include mat-based exercises that require getting down to the floor and back up safely, with guidance from instructors.

## 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. 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.