



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



ACTIVE & EMPOWERED

Parkinson's Programs

Effective 06/24/2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| PWR! Moves for Parkinson's (Blue) 10:30-11:15 a.m. Nancy MPR | Pedaling for Parkinson's 10:30-11:15 a.m. Sandra/Steph Studio C | Brain and Body Fitness (Blue) 10:30-11:15 a.m. Kay MPR | Pedaling for Parkinson's 10:30-11:15 a.m. Sandra Studio C | Strength Training (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 Parkinson's 11:30 a.m. to 12:15 p.m. Becky MPR | Brain and Body Fitness (Yellow) 11:30 a.m. to 12:15 p.m. Emily & Kay MPR | Walking with Parkinson's 11:30-12:30 p.m. Sandra & Kay MPR/Track | Strength Training (Yellow) 11:30 a.m. to 12:15 p.m. Emily & Kay MPR |
| Studio C = Main Floor Multipurpose Room (MPR) = Main Floor Track= Second Floor | | | | Ping Pong 12:15 to 1 p.m. 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 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:

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Class sizes will be limited.

Registration will be required.

Visit our website at brryallymca.org

or scan the QR code.



BRAIN AND BODY FITNESS

Stay strong, steady, and sharp with our Brain and Body Fitness class for Parkinson's. Designed to target both physical and cognitive health, this class combines movement, rhythm, balance training, and mental challenges to help improve everyday function. Whether you're looking to boost mobility, sharpen focus, or simply feel better in your body, this class meets you where you are and helps you keep moving forward.

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.)

STRENGTH TRAINING

Get stronger and stay active with this strength-focused class for those with Parkinson's disease. Using a variety of equipment—including dumbbells, resistance bands, and Bender balls—you'll work on building muscle, improving stability, and enhancing everyday function. This class emphasizes safe progress, functional movement, and keeping you moving with confidence.

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 PARKINSON'S

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.