



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE & EMPOWERED

Parkinson's Programs

Effective 10/05/2026



Monday	Tuesday	Wednesday	Thursday	Friday
PWR! Moves for Parkinson's (Blue) 10:30–11:15 a.m. Nancy MPR	Pedaling for Parkinson's (Yellow) 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 (Yellow) 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 (Blue/Yellow) 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 (Blue/Yellow) 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
ELEVATE for Parkinson's 11:30 a.m. to 12:30 p.m. Christyn & Megan Y Training Center (Higher-Intensity: \$9 per class)		LSVT BIG for LIFE® 12:30–1:30 p.m. Bridget MPR (Must meet eligibility requirements to attend)		Ping Pong 12:15 to 1 p.m. MPR

Group recommendations are based on assessment data, which includes a Fall Risk Assessment, the Sit-to-Stand Test and 4-Stage Balance 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:

Emily Marsden

Chronic Disease Programs Manager

emarsden@ryallymca.org

630.547.2019

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!

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.

LSVT BIG for LIFE®

Completion of the full 16-session LSVT BIG program is required prior to participation in BIG for LIFE®.

BIG for LIFE® is a 60-minute, community-based exercise class for individuals who have completed the full LSVT BIG treatment program with a Physical Therapist (PT) or Occupational Therapist (OT), consisting of 16 individual sessions over 4 weeks. This class helps participants continue practicing the techniques learned during LSVT BIG while maintaining mobility, strength, balance, and confidence in everyday movement. Participants will practice the 7 LSVT BIG Maximal Daily Exercises, functional movements and everyday activities, walking BIG, and fun exercises focused on bigger, more purposeful movements (amplitude).

LOCATION KEY

Studio C = Main Floor

Multipurpose Room (MPR) = Main Floor

Track= Second Floor

Y Training Center= Separate building adjacent to the parking lot