



Fighting against Parkinson's A non-contact boxing & fitness class!



Fighting against Parkinson's is a class for seniors diagnosed with Parkinson's disease whose symptoms are mild to moderate.

This class will provide non-contact boxing style fitness programs. The goal of this program is to delay the progression of Parkinson's symptoms. Strength, speed, balance, and flexibility will be worked on through a variety of exercises and core conditioning. Improving your overall fitness levels, maintaining a strong healthy body while working on postural imbalances and increasing your core strength will be focused on throughout this program.

If you are interested please call Sandy McLeod at the Geauga Dept on Aging at 279-2137 to register.

Classes

Mondays, Wednesdays & Fridays

9:30-11:00am

Everybodies Gym

357 Washington St. Chardon, Ohio 44024

Monthly fee is \$45.00