

Parkinson's Exercise Program

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM		10:45am-11:45am Rock Steady Boxing ♦ Beth/Kelly	11:00a.m.-12pm Delay the Disease ● Gina/Lana	10:45am-11:45am Rock Steady Boxing ♦ Beth/Kelly	11:00am-12pm Delay the Disease ● Kelly/Stacie		
PM							

KEY: ♦ Studio 1 ■ Studio 2 ● Gym + Fitness Floor ~ Spinning Studio First Floor ▲ Outdoor Tennis Courts

Schedule and instructors are subject to change. Physician clearance and PD assessment required prior to participation.

A "care partner" is **required** if you need assistance with:

- getting up from a chair
- specific exercises
- ambulation
- use of the restroom
- communication

For more information contact: Kelly Kacenjar, 440-328-3446
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