



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## EXERCISE CLASS FOR PEOPLE LIVING WITH PARKINSON'S

**6 Weeks: Tues., Jan. 3 – Thurs., Feb. 9, 2012**  
**Tuesdays/Thursdays Classes - 12:30 – 1:30 pm**  
**Registration Deadline: Monday, Jan. 2<sup>nd</sup>**

### Chickahominy YMCA Group Exercise Studio

Participants will engage in activities to maximize general range of motion and balance. Light weight training, free exercises, and balance training will be used to facilitate activities of daily living.

**PWR! Fitness Training will be highlighted.**

**Member: \*\$30 per 6-week session**

**Community Member: \*\$60 per 6-week session**

**\*Financial assistance available: please inquire at YMCA Front Desk**

For more information please contact:

Tricia Wright, Wellness Coordinator, at 804-737-9622; [wrightt@ymcarichmond.org](mailto:wrightt@ymcarichmond.org)

### Chickahominy Family YMCA

5401 Whiteside Rd., Sandston, VA 23150

P 804 737-9622 F 804 737-8651, [www.chickahominyymca.org](http://www.chickahominyymca.org)