



MEDICAL INTEGRATION STEP BY STEP *for* PARKINSON'S

ACCESS CENTER ANYTIME, GROUP MEETS TUESDAY & THURSDAY 12-1:30 PM

COST: Members \$35/month | Non-Members \$60/month

The Step by Step Program is for those who have been diagnosed with Parkinson's Disease. In this program, our team of Certified Fitness Specialists work with you to create a plan that includes Parkinson's physical education, physical activity, nutrition, and monitored progress.

The Program Includes:

- Safe, customized exercise plans created by certified fitness specialists
- Initial and ongoing fitness assessments to track progress
- Ongoing Parkinson's education, social activities, and support
- Access to cushioned indoor walking track, healthy cafe, and other amenities
- Nutritional guidance available with our Registered Dietitian Nutritionist
- Member access to group aquatic fitness classes in the Warm Water Pool

Medical Integration:

The link between health care and fitness with programs designed for individuals transitioning into daily activities and exercise. We take a focused, detailed approach to cover all areas of fitness, with a consistent emphasis on cardiovascular fitness, strength training, and flexibility improvement.

For More Information: