



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fight PD is an exercise class for people with Parkinson's Disease (PD).



For who: People with Parkinson's Disease, that are community dwelling (not in a facility) and independent with walking (may use a device).

Exercise has been shown to slow progression and manage symptoms of PD. Participants need to be able to: Move from station to station • Get up and down to/from the floor • Perform Lateral Movement • Cardio Movements • Free Weight Exercises • Process cues with minimal assistance.

Activities involved: Stretching • Agility • Cardio • Strength • Boxing

Pre-requisites: Medical clearance from doctor, screening/intake with Michelle Urbanski, Health & Wellness Director

**Monday & Friday
11:00AM-12:00PM
Starting Nov. 28th**

**First
Class
Free**

**\$5/class Drop-in fee or
Purchase 10 Session Package for \$50
(Redeemed as you come in)**

For more information contact: Michelle Urbanski
Email: murbanski@westfieldymca.org
Phone: (413) 568-8631

YMCA of Greater Westfield
www.westfieldymca.org
67 Court Street, Westfield, MA 01085