



# PWR! EXERCISE CLASSES

*Exercise classes for people with Parkinson's Disease*

PWR! is a research-based exercise class designed specifically for people with Parkinson's disease. Each class is designed to include various intensities for people at different stages of the disease. Tuesday's class focuses on strength, flexibility, and balance. Thursday's class is a PWR! Cycle class. Class format includes 45 minutes of aerobic conditioning, followed by 5–10 minutes of flexibility training.



## WHEN

**Tuesdays and Thursdays from 10-11 a.m.**

Please contact Tricia Clark to register for class.

## PRICE

**Free for GAC members**

**Non-members**

\$15 (per class)

## SIGN UP

To sign up call Tricia Clark at (810) 606-7518.

For more information call Angee Ludwa at (248) 760-2019.

