

Parkinson's Programs

PWR! Cycle (Level 1 and 2)

Parkinson's PWR! Cycle focuses on improving strength, power, and cardio through cycling based exercise and movements. Participants have reported a 35% improvement of quality of life from attending this class. Space is limited, sign up today!

When: Every Thursday

Time: 10:00 - 11:00 a.m.

Location: Auxiliary Gym at Ascension Genesys Health Club

Cost:

- Active Members: Free
- Frozen Members/Non-Members: \$5 per class cash ONLY, exact change appreciated

For new participant assessment: Contact Angee Ludwa, MPT at 248-760-2019 or aludwa@comcast.net

For more information: Contact Programs Manager Jackie Colpean at 810-606-7518 or via email at Jackie.Colpean@Ascension-external.org

Please be advised of the following:

- Social distancing is required
- Open to members and non-members
- 10 participant - class limit per state guidelines
- Participant masks required at all times while in the club
- Equipment will be spaced 6 feet per protocol, sanitized and individually assigned per person
- Bring your own water