

Parkinson's Programs

PWR! Moves (Multi-Level)

Parkinson's PWR! Moves focuses on improving strength, power, and cardio fitness through exercise and specific movements that help increase dopamine and brain function. **Space is limited, sign up today!**

When: Every Tuesday starting November 3rd

Time: 1:00—2:00 p.m.

Location: Auxiliary Gym at Ascension Genesys Health Club

Cost:

- Members: FREE
- Non-Members: \$5 per class

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
- 10 participant - class limit per state guidelines
- Masks are required at all times while in the club
- Equipment will be spaced 6 feet apart per protocol, sanitized, and individually assigned per person

 Stay up to date with Ascension Genesys Health Club updates! Receive special offers and the latest information on all the programs and services you love "real time" on Facebook @AGHCfit and also stay in the loop by visiting us online at www.AscensionGenesysHealthClub.com!

