



#IN THIS TOGETHER
PARKINSONS
exercise programs

Ascension Genesys Health Club is currently offering a variety of exercise classes throughout the week for people with Parkinson's Disease to help you stay as active and healthy as possible.

Monday:	10:00 a.m.	Rock Steady Boxing (multi-level)
Tuesday:	1:00 p.m.	PWR! Moves (multi-level)
Wednesday:	10:00 a.m.	H2O Parkinson's (multi-level)
Thursday:	10:00 a.m.	Yoga for People with Parkinson's
Friday:	10:00 a.m.	Rock Steady Boxing (multi-level)

For questions about exercise classes contact:

- Angee Ludwa, MPT at (248) 760-2019 or aludwa@comcast.net
- Jackie Colpean, AGHC Programs Manager at (810) 606-7518 or Jackie.Colpean@ascension-external.org

