



**CLUB
PARKINSON'S**SM
WELLNESS • FITNESS • EDUCATION

FITNESS CLASSES

BAL-A-VIS-X



YOGA



CARDIO



**STRENGTH
TRAINING**



**POOL
AQUATICS**



**FALL
PREVENTION**



**WELLREP
(IN-MOTION)**



F45



**NORDIC
WALKING**



**HANDWRITING
/ FINE MOTOR**



BOXING



Questions?

 316-252-1877

 Clubparkinsons.org

    Club Parkinson's