



**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



**MOVEMENT
W/ MUSIC**



PING PONG



BOXING



STRETCHING



PWR!



Questions?



316-252-1877



Clubparkinsons.org



Club Parkinson's