

# Parkinson's Mobility Fit

A fitness program designed to empower individuals with Parkinson's disease to delay the progression of their disease symptoms.



**Fee: \$60/Kettering Residents  
\$70/Non-Residents**

**Tuesdays & Thursdays, January 4 – 27  
5:30 – 6:30 p.m. (01-20231-A)**

**Tuesdays & Thursdays, February 1 – 24  
5:30 – 6:30 p.m. (01-20231-B)**

**Tuesdays & Thursdays, March 1 – 24  
5:30 – 6:30 p.m. (01-20231-C)**



#### **Parkinson's Mobility Fit includes:**

- Amplitude based training Moderate-High Intensity training
- Boxing Challenges
- Dynamic Balance Training
- Postural Training and Stretching

#### **Parkinson's Mobility Fit will help you:**

- Push back against Parkinson's Disease progression with exercise therapies targeting Parkinson's symptoms.
- Take control of the disease with daily exercise options.
- Restore hope and outlook in your physical functioning

Classes will be adapted to all levels of the disease and are valuable through all stages of progression. Each class will be led by a neurological physical therapist, trained in multiple Parkinson's Exercise Certifications.