



Programs for Parkinson's

PWR! Moves: Parkinson's Wellness Recovery

Tuesdays: 12:00-1:00PM, Thursdays: 11:00-12:00PM

The focus of this program is improving movement, balance and coordination through group-exercise sessions. PWR! Moves is based on training foundational skills that make up everyday function, allowing you to move more quickly and freely during daily activities.

Pedaling for Parkinson's: Indoor Stationary Cycling

Monday: 1:30-2:30 PM, Wednesdays: 1:15-2:15 PM

Pedaling for Parkinson's provides a safe and effective way for Parkinson's patients to combat symptoms and improve motor function. Under the supervision of an Exercise Physiologist, patients will be coached to maintain a cycle speed of 80-90 RPM's, increasing cardiovascular fitness and improving motor control. Additional work for strength and balance is included.

\$10 per class | \$60 for 10 classes

Initial Assessments are required at a cost of \$25

Start your journey today!

(407) 303-4400 | CelebrationFitness.com

