

Wellness Classes to help you achieve and maintain optimal health & vitality.



Non-contact Boxing for people with Parkinson's and others for enhanced agility, flexibility, strength utilizing the powerful maneuvers and techniques of boxing punches, footwork, etc.

\$7.00 per session, or

Two options for purchasing a Wellness Card:

- 1) \$50 for a 10-punch card for one month**
- 2) \$65 for unlimited use for one month**

Card can be used for any mix of these programs!
Each card valid for one month from date of first use.

Note: Instructor will punch your card at the first session you attend. Expiration will be one month after you first use it.

Parkinson's Agility for people with PD to improve and maintain mobility, flexibility, coordination, speed, accuracy, balance, enhanced voice source, connection with others.

Gentle Chair YOGA offers you the benefits of stretching, breathing, strengthening your body, mind and spirit, with the support of a chair.

Tai Chi: Moving for Better Balance for everyone wanting to improve balance, reduce risk of falling, improve coordination, increase breath awareness and peace of mind, and more. Come learn 8 of the Tai Chi Yang positions for enhancing life.

**Feel free to experience one session before registering.
No experience necessary.**

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