



PARKINSON'S BODY & MIND

WELLNESS CLASS SCHEDULE | MARCH 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 ³⁰ -11 ³⁰ am BOXING (Greg) Boxing Loft	6-7pm STRIKE OUT BOXING (Ray) Boxing Loft	11am-12pm BOXING (Heather) AS1	6-7pm STRIKE OUT BOXING (Ray) Boxing Loft	10-11am YOGA (Francesca) AS1	10 ³⁰ -11 ³⁰ am BOXING (Greg) Boxing Loft	11am-12pm BOXING (Heather) AS1
		2pm-3pm SHAKE IT OFF DANCE (Suzanne) AS1				12 ³⁰ -1 ³⁰ pm YOGA & MEDITATION (Francesca) AS1

ROOM KEY

The Boxing Loft is located on the 2nd Floor to the left of the elevator
 AS1 = Aerobic Studio 1 on the 2nd Floor
 AS2 = Aerobic Studio 2 on the 2nd Floor
 M2 = Meeting Room 2, on the 2nd Floor across from the elevator

For class cancellations, updates & holiday schedules, please visit:
greenwichymca.org/alerts

DON'T MISS OUT!

Join our PD Body & Mind Support Group for people with
 Parkinson's and their care partners.

Every second Wednesday of the Month at 12 Noon.

Please contact Lynn Hagerbrant for additional details at (203) 253-0002 or hagerbrant@gmail.com

Please note: Parkinson's Body and Mind Program classes are free to YMCA of Greenwich members. Non-Members must purchase a drop-in pass for \$10 per class in order to participate. Please bring your receipt to the Front Desk or to the class that you would like to attend.