



YMCA OF GREENWICH PARKINSON'S BODY & MIND SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

June 2024

| IN-PERSON/ VIRTUAL CLASSES | | | | | | |
|--|---|--|--|--|--|--------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 10:00- 10:55a YOGA FRANCESCA CONWAY AS 2/VIRTUAL | 11:00a- 12:00p TAI CHI KEN DOLAN AS 2 /VIRTUAL | 11:00a- 12:00p FUNCTIONAL STRENGTH DAVE GRAVES AS 1 /VIRTUAL | 11:00- 11:55a INTRO TO BOXING BRIAN DOWD AS 1 | 11:35- 12:30a BOXING BRANDON MUBUJKE AS 1 | 11:30- 12:15a NIA DANCE KRISTIN DEGROAT M 1/ 2 /VIRTUAL | |
| 11:00- 11:55a BOXING BRANDON MUBUJKE AS 1 | 12:00a- 1:00p INTRO TO BOXING BRIAN DOWD AS 1 /VIRTUAL | | | | | |

REDUCE SYMPTOMS, KEEP ACTIVE, STAY CONNECTED

Research shows that consistent exercise benefits people with Parkinson's disease, helping to protect certain areas of the brain affected by the disease. Exercises that focus on balance, coordination, and agility, help those affected by Parkinson's to maintain higher levels of function and greater quality of life.

SCHEDULE NOTES

- Schedules are subject to change. Please ensure that you are a part of the Parkinson's Body and Mind email list to ensure you receive any updates.
- Classes reserved for those registered in the Greenwich YMCA Parkinson's program.
- Our Parkinson's Wellness Program is ONLY \$49/ month
- Email wellness@gwymca.org for more info