

GAC GROUP FITNESS

PWR! EXERCISE CLASSES

Exercise classes for people with Parkinson's Disease

PWR! is a research-based exercise class designed specifically for people with Parkinson's disease. Each class is designed to include various intensities for people at different stages of the disease. Tuesday's class focuses on strength, flexibility, and balance. Thursday's class is a PWR! Cycle class. Class format includes 45 minutes of aerobic conditioning, followed by 5–10 minutes of flexibility training.



WHEN

Tuesdays and Thursdays from 10-11 a.m.

Please contact Tricia Clark to register for class.

PRICE

Free for GAC members

Non-members

\$15 (per class)

SIGN UP

To sign up call Tricia Clark at (810) 606-7518.
For more information call Angee Ludwa at (248) 760-2019.



Want to receive the latest information about upcoming programs? Sign up for the GAC Insider, an email newsletter for GAC members.

eepurl.com/MK3t

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