



Stretching the Limits Parkinson's Class

A group exercise class for individuals with varying stages of Parkinson's disease.

- Improve flexibility of the lower back and hip flexors, posture, balance
- Increase body awareness
- Build strength and flexibility to get up from a chair or the floor. Functional exercises are included.
- Exercise modifications to meet individual needs
- Focus on what you can do in a positive setting

*An evaluation must be completed by participant to be placed into one of the following classes:

Stretching the Limit Intermediate

For those who are mobile and can move around with limited assistance, classes will include functional exercises such as getting up and down from the chair at the hand rail and gait training. *Located in the Dance Studio*

Monday and Wednesday, 3:00-4:00pm

Mar 20-May 10

Tuesday and Thursday, 3:00-4:00pm

Mar 21-May 16

(No class April 11)

Stretching the Limits Advanced

For those who are mobile and can move around without assistance, classes will include functional exercises such as getting up and down from the floor and gait training. This class incorporates quicker movements and faster paced exercises similar to those in Stretching the Limits II (Intermediate) *Located in the Upstairs Group X Studio*

Monday and Wednesday, 12:00-1:00pm

Mar 20-May 10

8 weeks (16 classes)

\$125: Non-members – \$100: Members (subsidies available upon request)

New participants are welcome to join a class at anytime during the session upon completion of an evaluation to determine placement in the appropriate class level.

There are no refunds for missed classes.

To schedule an evaluation and/or request a subsidy contact
Val Redmond at vredmond@jccrochester.org or 461-2000 x271