



## **FREE PARKINSON'S EXERCISE CLASSES**

Adaptive Physical Education- Veterans Memorial Senior Center  
1455 Madison Avenue, Redwood City, CA 94061

Due to a very generous grant from the **Parkinson's Foundation** scholarships are available for all 5 of Adaptive Physical Education's Parkinson's classes. This includes anyone for whom the class fee is a hardship and any caregivers interested in taking the class. However, there must be room available in the class.

### **Beginning**

Yoga For Parkinson's 1: This beginning yoga class is seated and wheelchairs are welcome.

**Tuesdays 10:30-11:30 am.** Instructor Ruth West, MSW. Please contact Adaptive PE at [info@adaptivepevmc.org](mailto:info@adaptivepevmc.org) or (650) 368-7732 to register. Goldstar Room, VMSC Main Building.

### **Beginning-Intermediate Level**

For this exercise class you must be able to walk independently with or without an assistive device and be able to get up/down from a chair. Please contact Adaptive PE at [info@adaptivepevmc.org](mailto:info@adaptivepevmc.org) or (650) 368-7732 before registering. **Mondays 4-5 pm.** Adaptive PE Room, VMSC Wellness Building.

### **Intermediate**

Yoga For Parkinson's 2: This yoga class is both standing and on the floor. You must be able to get up/down from the floor. **Tuesdays 10-11 am.** Instructor Arlene McCarthy, MS, DPT, RYT. Please contact Adaptive PE at [info@adaptivepevmc.org](mailto:info@adaptivepevmc.org) or (650) 368-7732 to register. Game Room, VMSC Wellness Building.

### **Intermediate-Advanced**

Fitness For Neuromuscular Conditions: This exercise circuit class is designed to improve the functionality and fitness of people with Parkinson's. You must be able to walk independently and be able to get up/down from the floor. Class based on PWR Moves. Please contact the instructors Scott Lohmann, MS, and Sang Pvongnak, before registering at [info@adaptivepevmc.org](mailto:info@adaptivepevmc.org) or (650) 368-7732. **Wednesdays 4-5 pm.** Adaptive PE Room, VMSC Wellness Building.

### **Advanced Level**

This is a high level exercise class consisting of 60 minutes of walking, balancing, and aerobic activity. You must be able to walk independently for 45 minutes and get up/down from floor alone or with assist from a chair. Class based on PWR Moves. Please contact the instructor Theresa Najjar, PT, MSPT, NCS, before registering at [Theresa@synapticpt.com](mailto:Theresa@synapticpt.com) or (408)724-8466. **Thursdays 9-10 am.** Redwood Room, VMSC Main Building.