

## Supported by Scripps Movement Disorder Clinic

Improve your physical and mental health by joining our weekly classes designed specifically for people with Parkinson's disease. Our safe and healing environment provides the tools to improve balance, strength, flexibility, endurance, and functional fitness utilizing various exercise programming techniques. Empower yourself by joining today. These classes are supported by Scripps Health Movement Disorder Clinics.

### **Monday 2:00-2:45 p.m.**

**PD Strength and Conditioning** a vigorous class combining various movement patterns while challenging core, balance, coordination and overall strength and flexibility. Get ready to sweat!

### **Wednesday 2:00-3:00 p.m.**

**PD Balance and Boxing** the first ½ hour of class integrates various balancing exercises and movement patterns to challenge all aspect of balance. Boxing combines movement and cognitive training to improve overall body function. Get ready to think (and sweat)!

### **Thursday 2:00-2:45 p.m.**

**Balance and Agility** incorporates movement and balance patterns to improve gait and reaction time.

### **Friday 2:00-3:00 p.m.**

**Boxing and Chair Yoga** the first ½ hour is boxing and combines movement and cognitive training to improve overall body function. Chair Yoga teaches traditional yoga poses using a chair to assist a flow of standing and seated postures designed to improve balance, strength and flexibility while calming the mind and body.

### **Location:**

Yoga Room – Scripps Shiley Sports and Health Center  
10820 North Torrey Pines Rd, La Jolla, CA 92037

### **Cost:**

Free trial class for first time guest  
\$50/month membership includes all Shiley exercise classes, full access to the fitness center strength and cardiovascular equipment, pool, beautiful amenities, and locker rooms.

### **Contact:**

Scripps Shiley Sports and Health Center  
Scripps.org/ShileySportsFitness  
(858) 554-3488

**Shiley Sports and Health Center**

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