



MARK GREEN SPORTS CENTER PARKINSON'S EXERCISE PROGRAM

January 2024

COMBAT PARKINSON'S DISEASE WITH EXERCISE

PWR! MOVES

Instructor: Carmen

Monday, Wednesday & Fridays - 11:15 AM - 12:15 PM

UC Resident: \$57 per month

Non-UC Resident: \$62 per month

*Monday and Wednesday classes are largely chair and standing focused, and located in the Aerobics Room. Friday classes have a heavier focus on floor positions and take place in classroom C.

Rock Steady Boxing

Instructors: Mike / Rob

Tuesday's & Thursday's - 1:30 PM - 2:45 PM

UC Resident: \$73 per month

Non-UC Resident: \$78 per month

ALL CLASS MEMBERSHIP

UC Resident - \$80 / month | Non-Res -\$85 per month

Take all of our class offerings (16-20 classes) above as well as access to the whole Mark Green Sports Center Facility.

Please contact the Fitness Coordinator for details on how to sign-up. All participants must have a signed medical release form from their physician to participate. Visit our website for more information.



3 1 2 2 4 UNION CITY BLVD, UNION CITY, CA 9 4 5 8 7
www.unioncity.org/parkinsons | (510) 675-5600 | RobertMagbanua@unioncity.org

ESTOS PROGRAMAS ESTÁN APOYADOS POR UNA
SUBVENCION DE LA FUNDACION PARKINSON



PWR! Moves

PWR! Moves is a class and exercise program created by a Physical Therapist by the name of Dr. Farley and aims to maintain and restore skills that deteriorate and interfere with everyday movements. The 4 main movements of this program can be adapted and progressed into multiple postures (floor, all 4's, sitting, and standing). Research has demonstrated that the movements in this program as well as the manner in which they are performed can translate into everyday activities, essentially improving overall quality of life. Remember that what you do and how you do it matters. This class will help train those affected with PD to get better with exercise.

Rock Steady Boxing

Fight back against the symptoms associated with Parkinson's by training like a fighter. By nature, boxing is a workout that demands the body to move in all planes of motion and challenges the mind and body to adapt to every stimulus. In this boxing class you will be able to build strength, power, speed, and endurance, all of which improve quality of life outside of the gym.

Virtual Caregiver & Care Partner Support Group Meetings:

Are you a partner or a caregiver for someone with Parkinson's Disease? Join us for a free support group meeting every 2nd and 4th Monday of the month. Led by Yoga for Parkinson's instructor Nancy Flores, this group seeks to share experiences, empower, and lend support to fellow caregivers. This support group is also guided through mindful meditation techniques and Yoga techniques that can be done with their partners or loved ones with Parkinson's. - Please contact the Fitness Coordinator for access.

For more information about other programs and events we have that benefit the Parkinson's Community, please visit our website at www.unioncity.org/parkinsons



MARK GREEN SPORTS CENTER
31224 UNION CITY BLVD,
UNION CITY, CA, 94587

THIS PROGRAM IS SUPPORTED BY A
GRANT FROM THE PARKINSON'S
FOUNDATION.

