



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COMMUNITY WELLNESS PROGRAMS FOR PEOPLE WITH PARKINSON'S DISEASE

**Parkinson's Cycle:** Pedaling at a certain rate per minute (RPM) has shown to increase strength and improve symptoms of PD. Partially funded by the American Parkinson's Disease Association (APDA), this is an evidence-based, small group cycling program. Classes are ongoing, once per week for 45 minutes. All participants must complete a health history and get a signed medical clearance from a healthcare provider. Assessments will be done every 16-weeks under the guidance of the instructor. Options to attend virtually or in person.

**Monday: 2:30-3:15PM**

**Parkinson's Exercise Program:** A small-group exercise program based off of research done by Boston University. A trained instructor leads participants through strengthening and balance exercises and stretches designed for those with PD. Classes are ongoing, once per week for 60 minutes. All participants must complete a health history and get a signed medical clearance from a healthcare provider. Options to attend virtually or in person.

**Thursday: 1:15-2:15PM**

**NEW! Parkinson's HIIT Circuit Class:** HIIT stands for High Intensity Interval Training, a style of exercise where short bursts of high intensity exercises are followed by short periods of low intensity recovery. In this 55 minute class, participants will perform strength training intervals using combinations of weights, bands and body weight. Class will conclude with stretching and flexibility exercises. Studies have found that people with Parkinson's who regularly participated in HIIT training had increased neuronal activity, experienced a decrease in Parkinson's symptoms, and felt that their quality of life improved. This class is offered in-person only. **Wednesday & Friday: 11:45AM - 12:40PM | begins June 1**

All Parkinson's programs are free for Y members, or \$30/month per class for non-members.

**For more information, please contact:  
Natalie Baker, Healthy Living Coordinator  
(413) 584-7086, ext. 140 | [natalie.baker@hrymca.org](mailto:natalie.baker@hrymca.org)**