



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **ENRICHING LIVES ENGAGING SPIRITS**

## **Parkinson's Dance & Exercise Class**

This entertaining exercise and dance class specifically benefits people with Parkinson's disease. The class focuses on balance, coordination, flexibility, and gait through easy to follow simple movements that are fun and in a relaxed environment. This class involves chairs and every day attire is welcomed, so leave your workout attire and put on your comfy shoes for a great class that will connect you with others while listening to a variety of music from the '30s to the '90s.

**YMCA Cape Cod**  
**Wednesdays**  
**1:30 – 2:30 pm**  
**Free to Members**

**Want more information?**  
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**508.362.6500**

