

PARKINSON'S PROGRAMS AT THE YMCA



Pedaling for Parkinson's

Pedaling for Parkinson's (P4P) is a scientifically backed program based on long term, steady bike riding to help slow the symptoms of Parkinson's Disease. Our P4P coach will lead you through a bike work out to help improve your cardio, core strength, and flexibility.

A short assessment and doctors clearance is required to participate in this program. Classes are offered on Mondays at the Ascension St. Vincent YMCA and Wednesdays at the Dunigan Family YMCA.

Rock Steady Boxing

Rock Steady Boxing (RSB) gives people with Parkinson's Disease hope. The program enables people with Parkinson's to fight their illness by providing non-contact boxing-style fitness classes that improve their quality of life. Rock Steady Boxing is divided into two classes based upon each person's unique Parkinson's symptoms and overall level of fitness. Classes are offered on Tu, Th, and Sat at the Ascension St. Vincent YMCA.

We require all boxers to complete a one-on-one assessment with our coach to determine the class placement that would be of greatest benefit to them.

All Parkinson's programming is FREE with a YMCA membership.

FOR MORE INFORMATION, CONTACT ASHLEY AT:

[812-492-6710](tel:812-492-6710) OR CABANAW@YMCASWIN.ORG

Our Mission: The YMCA of Southwestern Indiana Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind, and body.