Join our ongoing group exercise program for people with Parkinson’s Disease. Exercise is an important ingredient to living well with PD. We will cover all the bases to help improve: range of motion, trunk rotation, gait, balance, and more, with a fun loving group in a supportive environment.

You know it’s important to KEEP MOVING!

So sign up today and let’s get started.

Instructor: Jo Rene Woodworth
Assistant: Diana LaTorre

JoRene has been teaching exercise for 40 years and recently completed the Parkinson WISE training certification. JoRene holds multiple nationally accredited fitness certifications.

Diana is certified in yoga and has recently started to study other forms of exercise focusing on populations with special needs.

For more Information contact
Nicole Martinovich
Health Initiatives Coordinator
545-9622 ext 3412
nmartinovich@scfymca.org