

#IN THIS TOGETHER PARKINSONS

exercise programs

EXERCISE FOR PEOPLE WITH PARKINSON'S

Henry Ford Genesys Health Club offers a variety of classes each week for people with Parkinson's Disease to help them stay as active and healthy as possible!



M

10:00 am - Box & Move (level 1-2)
11:15 am - Box & Move (level 3-4)

T

10:00 am - PWR! Moves
(multi-level)

W

11:00 am - Box & Move
(level 1-2)

TH

12:00 pm - Strength & Stretch
(multi-level)

F

10:00 am - Box & Move
(multi-level)

Henry Ford Genesys Health Club PRICE PACKAGES:

SENIOR LIMITED MEMBERSHIP WITH PARKINSON'S ADD-ON

\$73/month*

**optional \$22 add-on fee for care partner*

PARKINSON'S MEMBERSHIP

\$43/month

NON-MEMBER

\$5/class

FOR MORE INFORMATION CONTACT OUR PROGRAMS MANAGER AT (810) 606-7518.

