

MID MICHIGAN

EXERCISE PROGRAMS

Jackson: Pedaling for Parkinson's

YMCA Jackson

127 W Wesley St

Jackson, MI 49201

Mon, Wed & Fri 11:00 am - 12:00 pm

Instructor Jennie Lapp (517) 784-9622

Jackson: Pedaling for Parkinson's

Contact the **Jackson YMCA** (517) 782-0537

Jackson: Summit Branch YMCA

Rock Steady Boxing on Tues, Thurs & Sat

1 pm - 2:30 pm

Mailyynn Pratt, Instructor (517) 240-9022

2151 Ferguson Rd.

Jackson, MI 49201

Lansing: Parkinson's Fitness Program

12-week program, Tuesdays at 7:00 am and Thursdays at 7:15 pm

Sparrow Michigan Athletic Club

2900 Hannah Blvd., East Lansing MI 48823

No fee - Sponsored by Making the Turn Golf

Contact Rus Zalkin (517) 364-8824

Lansing: Rock Steady Boxing - Gloved Ones

1010 Ballard St

Lansing, MI 48906

Every Tues. starting Aug. 15

11:00 am - 12:30 pm

\$60 per month - 12 classes

glovedones@rsbaffiliate.com

(517) 449-5995

Lansing: Sparrow Michigan Athletic Club

(MAC) Parkinson's Fitness Programs

Several programs available free of charge

thanks to the generosity of MakingTheTurn Golf

2900 Hannah Blvd.,

East Lansing MI 48823

Call Russ Zalkin, MAC Fitness &

Personal Training Manager (517) 364-8824

Midland: Mid Michigan Medical Center

Bay Medical Center Rehabilitation West Campus
4000 Wellness Dr, Midland, MI 48670

Weekly classes
\$2.00 per session
(989) 667-6767

Midland: Rock Steady Boxing - Mid Michigan

1914 S. Saginaw Rd
Midland, MI 48640

Mon - Thurs
9:00 am - 11 am, and 5:30 pm
midmichigan@rsbaffiliate.com
(844) 829-2778

Mt. Pleasant: MOVE FOR HEALTH - PWR!MOVES

Starting September 11th, 2017

Tuesdays 2:30 pm

Carl's Center Room 2138
Health Professions Building
Central Michigan University

Contact (989) 774-3904

*PWR!MOVES is a Parkinson's Disease

Specific skill training program to maintain or restore skills that deteriorate and interfere with everyday movements.

Contact: Danielle Puckett at pucke1dn@cmich.edu or (313) 820-9975

Saginaw: Tri Cities Support Group Weekly Exercise Program

Thursdays at 9 am

Wescourt Retirement Community, Saginaw 48603

Free of charge

Contact Martin Mann (989) 577-9574