

NORTHERN MICHIGAN

EXERCISE PROGRAMS

Marquette: Pedaling for Parkinson's

Marquette YMCA

1420 Pine St.

Marquette, MI 49855

Held on Mon, Wed & Friday

1:00 pm - 2:00pm

No fee

Details available on site

Contact Christina Bennett (906) 227-9622

DANCE PROGRAMS

Frankfort: Dancing for Parkinson's

Betsie Hosick Fitness Center

102 Airport Road

Frankfort, Michigan 49635

Every Thursday at 11:00 am

\$7.50 for non members. Free for members.

Call Jo-Ann Tarkington @ 231-352-9661

Marquette: Movement and Dance for Those with Parkinson's

Tuesdays and Fridays 2:00 – 3:15 PM

Saturdays 1:00- 2:15 PM

Free of charge

Lead Teacher: Marge Sklar

Sponsoring organizations: Dance Zone and Lake Superior Hospice

Dance Zone

1113 Lincoln Avenue

Marquette, MI 49855

For more information or to register please contact Marge Sklar at (906) 236-1457

or via email by marge@dancezonemqt.org