

SOUTHWEST MICHIGAN

EXERCISE PROGRAMS

Kalamazoo: YMCA in Portage

Tuesdays and Thursdays
Delay the Disease: 3 levels
(level is determined by assessment)
2900 W. Centre Street
Portage, MI 49024
Contact Trish Harrison (269) 459-4881
or taharr@kzooyymca.org
DTD Certified Instructor: Sheri Shon (269) 459-4881
Fee is \$90 for 12 week class

Kalamazoo: Bronson Athletic Club

6789 Elm Valley Dr
Kalamazoo, MI 49009
Exercise Class meets twice weekly
Cost of \$100.00 for 12 weeks
Call 269-544-3200 for questions or to register
You can also get one on one session with
one of the class instructors for additional fee

Kalamazoo: Friendship Village

1400 N. Drake Road
Kalamazoo, MI 49006
Cost of \$5.00/class
Dancing with Parkinson's meets once weekly
Delay the Disease exercise class; meets twice weekly
Call Frank Loffredo at 269-381-0560 ext 532 to register

Battle Creek: Rock Steady Boxing

Mondays and Thursdays 5:30-6:45
Rock Solid Wellness Studio
1332 E Columbia Ave.
Battle Creek, MI 49014
Call 269-420-6582 or www.rocksolidptstudio.com for info/questions
ASK Anne Clark for information on other exercise
classes available in BC at 269-441-0920

DANCE PROGRAMS

Kalamazoo: Dancing with Parkinson's

A Fun Way to Improve Movement

for people with Parkinson's Disease and their Care Partners

When: Thursdays starting January 11 @ 4-5pm

Fridays starting January 12 @ 10-11am

Where: Friendship Village Fitness Center

1400 N. Drake Road, Kalamazoo

Cost: \$5.00 per person per class (FV residents FREE)

To enroll, contact Nancy Schullery: (269) 372-7241 or nmsch1020@gmail.com