

April 2023

Parkinson's Awareness Month

Schedule of Classes

Pedaling for Parkinson's is an evidenced informed program to help PD patients achieve an improved sense of well-being.

Move Forward is our "New" class that combines strength training, balance and stretching. All exercises are modified to accommodate all needs and abilities.

Both of these classes are designed to help improve balance, mobility, strength, endurance, cognition and flexibility.



HOCKOMOCK AREA YMCA



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	Foxboro 3 10:30am – Move Forward 11am – Pedaling for Parkinsons (PFP)	North Attleboro 4 11am – Yoga with Renee 5:30pm – Move Forward 6pm – Pedaling for Parkinsons (PFP)	North Attleboro 5 10:30am – Move Forward 11am – Pedaling for Parkinsons (PFP)	Franklin 6 10:30am – Move Forward 11am – Pedaling for Parkinsons North Attleboro 6pm- PFP	7	8
9	Foxboro 10 10:30am – Move Forward 11am – PFP	North Attleboro 11 11am – Nutrition workshop-Jocelyn 5:30pm-Move Forward 6pm – PFP	North Attleboro 12 10:30 am – Move Forward 11 am – PFP	Franklin 13 10:30am – Move Forward 11am – PFP North Attleboro 6pm – PFP	14	15
16	Foxboro 17 10:30am – Move Forward 11am – PFP	North Attleboro 18 5:30pm – Move Forward 6pm – PFP	North Attleboro 19 10:30am – Move Forward 11am – PFP	Franklin 20 10:30am – Move Forward 11am – PFP North Attleboro 6pm – PFP	21	22
23	Foxboro 24 10:30am – Move Forward 11am – PFP	North Attleboro 25 6 – 8pm Master Class PFP	North Attleboro 26 10:30am – Move Forward 11am – PFP	Franklin 27 10:30am – Move Forward 11am – PFP North Attleboro 6pm – PFP	28	29
30						