

Therapeutic Movement Classes



Mondays: 11:30am-12:30pm

Thursdays: 8:15am-9:00am and 4:25pm-5:25pm

These classes are designed for people with chronic diseases (such as Parkinson's, cancer, diabetes, and arthritis), or any condition that causes limited range of motion. Various formats of exercise are presented by specialized instructors with skill sets such as yoga, Zumba, TRX, spinning, corrective exercise.

- + \$Free for members
- + \$5 for nonmembers
- + Location: King George
- + Contact: Katie Feltner
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www.family-ymca.org



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