

# COMMUNITY EXERCISE PROGRAMS

## *Exercise Classes*

### St. John's

**TUESDAYS at 2:00pm**  
Pony Locale Studio  
120 LeMarchant Road

### Bay Roberts

**TUESDAYS at 1:00pm**  
ProActive Physiotherapy  
261 Conception Bay Highway

### Grand Falls-Windsor

**TUESDAYS at 10:30am**  
ProActive Physiotherapy  
105 Lincoln Rd, Unit 6

*These classes focus on building and maintaining  
core strength, balance and flexibility.*

## *Yoga Therapy*

**WEDNESDAYS at 1:30pm**

Yoga Kula Co-op, Coaker's Meadow Plaza, 286 Torbay Rd  
Yoga therapy relaxation class with gentle exercise movements.

## *Boxing to Beat Parkinson's*

**THURSDAYS at 10:30am**

Rock Athletics, 236 Park Avenue  
*Specialized exercise program using boxing techniques.*

## *Dancing for Life with Parkinson's*

**THURSDAYS at 2:00pm**

St. John's Arts and Culture Centre  
*A fun and interactive morning of dance therapy.  
No previous dance experience is required.*

## *Intensive Exercise Class*

**FRIDAYS at 2:00pm**

Pony Locale Studio, 120 LeMarchant Road  
*Using Pilates techniques, this class is intended for members who are able  
to complete more strenuous activities as well as floor exercises.*

## *Parkinson's Walking/Running Club*

**SUNDAYS at 2:00pm**

Memorial University Field House  
*Come join us for an hour of social walking or running.*

*All of our Exercise Programs are FREE for people living with  
Parkinson's and their care-partners. Classes are 45-60mins long.*

*For more information, please contact us at:*

**800-567-7020 [parkinson@nf.aibn.com](mailto:parkinson@nf.aibn.com) [www.nlparkinson.ca](http://www.nlparkinson.ca)**