

Weekly 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

TUES & THURS 10:30am
ProActive Physiotherapy
105 Lincoln Rd, Unit 6

Gander

TUESDAYS at 2:00pm
St. Martin's Parish Hall
2 Lindbergh Road

Clarenville

SUNDAYS at 4:00pm
Power Conditioning
57 Thompson Street

Corner Brook

WEDNESDAYS at 2:00pm
Saltos Gymnastics
1 Canada Games Drive

These classes focus on building strength, balance and flexibility.

Yoga Therapy

WEDNESDAYS at 1:30pm

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

Boxing to Beat Parkinson's

WEDNESDAYS at 10:30am

Rock Athletics, 236 Park Avenue

Specialized exercise program using boxing techniques.

Dancing for Life with Parkinson's

THURSDAYS at 1:00pm

St. John's Arts and Culture Centre

A fun afternoon of dance exercise. No previous dance experience needed.

Music Therapy for Parkinson's

FRIDAYS at 10:00am

St. John's Arts and Culture Centre

Come along and learn to play and sing your favorite songs.

Intensive Exercise Class

FRIDAYS at 2:00pm

Pony Locale Studio, 120 LeMarchant Road

This class is intended for members who desire more strenuous exercise.

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:

1-800-567-7020 parkinson@nf.aibn.com www.nlparkinson.ca