



PARKINSON'S FITNESS CLASS



**WEDNESDAY
AND FRIDAY
AT 9:30AM
IN PALOMA
WITH MARCIA**

Parkinson's Recovery Certified Trainer Marcia Pirie will teach members how to gain strength, flexibility and move more freely in this class.

\$8 EACH CLASS:

Pay by Member Charge or Unlimited Monthly Fitness Class Pass

(SGT classes, clinics & DV cycling classes excluded, passes are non-transferable and guests not included).