

Parkinson's Center YMCA Class and Gym Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
10:15 - 11:15am	10:15 - 11:15am	10:15 - 11:15am	10:15 - 11:15am	10:15 - 11:15am
Boxing	Pedaling for Parkinson's	Boxing	Pedaling for Parkinson's	Fun Fitness
Kimmarie	John	Kimmarie	David	Kimmarie
Mondays 10:15 - 11:15 starting 12/8/25 Care Partners Support Group - Parkinson's Center YMCA [More]				
11:30 - 12:30pm	11:30 - 12:30pm	11:30 - 12:30pm	11:30 - 12:30pm	11:30 - 12:30pm
Tai Chi	Neuromotor Welless	Fun Fitness	Neuromotor Welless	Chair Yoga
Rosemarie	Victoria	Kimmarie	Kimmarie	Vanessa
Circle of Support -1:30 - 2:30 Begins 12 /8	December 9 - 1:00			
For men and women with PD and other movement disorders [More]	Community Conversation with NYS Certified Dietician - lunch and learn [Register]			
1:30 - 2:30pm	1:30 - 2:30pm	1:30 - 2:30pm	1:30 - 2:30pm	1:30 - 2:30pm
	Lunch and Learn	Fine Motor Skills	Dance Beyond PD	
	(2nd Tuesday of the month)	Kimmarie	Rachelle	
2:45 - 4:15pm	2:45 - 4:15pm	2:45 - 4:15pm	2:45 - 4:15pm	2:45 - 4:15pm
Ping Pong	Ping Pong	Ping Pong	Ping Pong	Ping Pong
			7 - 8pm Capital District Parkinson's Support Group (2nd Thursday/Month)	
			Begins Dec 11. All Welcome	