



## Parkinson's Exercise Class Co-op with Muskego

Franklin High School, Multi-Purpose Room  
8222 South 51st Street, Franklin, WI 53132

**Current session** – Wednesdays, September 19th - December 12<sup>th</sup> | 4:00-5:00PM

### Coming soon!

- Wednesdays, February 6<sup>th</sup> – March 20<sup>th</sup> | 4:30-5:30PM | Code: FA142-32
- Wednesdays, April 3<sup>rd</sup> – May 15<sup>th</sup> | 4:30-5:30PM | Code: FA142-33

For an entire hour, the Parkinson's class will incorporate stretches, deep breathing exercises, balance and strength training. You will be introduced to past class participants and notice that exercising does slow the progression of Parkinson's and improves the quality of many lives, while having fun and camaraderie.

Floor exercise will be incorporated; however, modifications will be provided for various populations and/or environmental conditions to ensure a safe and effective setting for all class participants.

Wear comfortable clothing. Bring a water bottle and a towel. Bring an exercise mats for floor work

**INSTRUCTOR:** Mary Spidell is certified in Parkinson's and aquatic exercise. For the past 10 years, she has taught an exercise class for people with Parkinson's.

**FEE:** \$32 Franklin Residents / \$48 Non-Resident. Please call 414-423-4646 for pricing on session currently in progress

**REGISTER:** [Online](#) or call Franklin Community Education & Recreation Dept. 414-423-4646

### What is Parkinson's disease?

- Parkinson's disease is a motor system disorder, which results from the loss of brain cells producing dopamine. Loss of dopamine means loss of motor control.
- Some of the side effects include: tremors, slowness of movement, impaired balance and coordination
- It affects about one in 100 Americans over the age of 60 years. The average age of onset is about 60 and while the illness is less common at younger ages, it does occur. The exact number of cases in younger individuals is difficult to determine, but it is estimated that five to ten percent are diagnosed prior to age 40.