

# PARKINSON'S PERFORMANCE

## Small Group Training for People with PD



**Saturdays at 1:00**  
**Sept. 9 - Nov. 18**

**THE HEIGHTS**  
**8001 Dale Avenue**  
**St. Louis, MO 63117**

Work with a personal trainer in a small group setting to improve your balance, strength, flexibility, coordination and cardiovascular fitness. Each 12-week session is designed to improve your fitness level while teaching you how to use the equipment in a gym setting to maximize your function. You will learn how use treadmills, bikes, weight machines, punching bags and much more to address PD-specific impairments.

Each 12-week Session:

\$84 for residents and HEIGHTS members

\$108 for non-residents

**Please call**  
**314.645.1476 to**  
**register, as class**  
**size is limited**

**Strength in optimism. Hope in progress.**

Sponsored by American Parkinson Disease Association Greater St. Louis Chapter

1415 ELBRIDGE PAYNE, SUITE 150 | CHESTERFIELD, MISSOURI 63017  
636.778.3377 | [www.apdaparkinson.org/greaterstlouis](http://www.apdaparkinson.org/greaterstlouis)