PD BOOTCAMP
FALL FITNESS

THIS CLASS WILL FOCUS ON THE 4 COMPONENTS OF FITNESS:

- Cardio
- Strength
- Flexibility
- Balance

The exercise selection will specifically be designed to gradually improve your overall fitness level and improve the symptoms of Parkinson’s disease. Each participant can go at their own pace and modifications will be offered for each exercise. Partners are invited to sign up!

**Josie Gardiner**

is an outstanding WELLNESS WORKS instructor, beloved and celebrated by her PD Zumba GOLD students. She has produced fitness DVDs and written many articles and books, including “Fit Over Fifty”. Josie has made numerous TV appearances. She has received many fitness certifications. She will inspire you to work out to your highest level.

**JOIN HER CLASS AND SEE HER IN ACTION!**

8 WEDNESDAY SESSIONS

**Oct 12, 19, 26; Nov 2, 9, 16, 30; Dec 7**

2:15PM - 3:15PM

$110.00

**Tanger Be Well Center**

**BIDMC Shapiro Center; Lower Lobby**

**Wellness Works**

Pre-registration required • Call Lauren Anderson (617) 667-9890