

Boot Camp & Balance

This class focuses on the four components of fitness: cardio, strength, flexibility and balance. Exercises are specifically 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 are offered for each exercise. The program is hosted by Anita Luck, a Movement Specialist working in fitness since she stepped off the stage as a professional ballet dancer in 1988. She joined Wellness Works as a Boot Camp instructor in 2016 and is happy to share her knowledge in working with people who have PD.



When:

Wednesdays, Jan. 8 – Mar. 25, 2020
2:15 – 3:15 pm

Where:

Bodyscapes Gym,
Longwood Medical Area,
77 Avenue Louis Pasteur,
Boston, MA 02115

Cost:

\$150 for 12 classes

Register:

WellnessWorks@bidmc.harvard.edu
or 617-667-5215