

Supported by Scripps Clinic Parkinson's Disease and Movement Disorder Clinic

Monday & Friday (Exercise) 2-2:45pm
Tuesday (Agility & Balance) 2:00 pm
Wednesday (Balance and Boxing) 1:30/2:00pm

Improve your physical fitness and join a support network. Our safe and healing environment provides the tools to improve balance, strength, flexibility and endurance by using a variety of fitness methods. Our highly trained instructors are uniquely qualified to work with people who are living with Parkinson's disease and gives individual attention to each class participant.

*This class is open to people with various neurodegenerative diseases

Location:

Shiley Sports and Health Center and Scripps Clinic
10820 N. Torrey Pines Road, La Jolla, CA 92037

Cost:

\$50/month or \$15/class

Medical clearance:

Neurologist or primary care physician referral (medical clearance form) required. Pre-registration is also required.

Contact:

Fitness Center Front Desk
(858) 554-3488