



Parkinson's Cardio Challenge Exercise Class

**2 Classes per Week
\$75 Monthly Membership**

DID YOU KNOW?

**The American Medical
Association recommends
20 minutes, 3 days per week
of aerobic exercise
for adults with
Parkinson's!**

Our Services

**Comprehensive
assessment
every 6 months**

**Two 1-hour
group cardio
classes**

**Direct
supervision and
instruction**

Contact Us

**We are located in the LifeFit Center
Phone: (562) 985-8286
Email: CHHS-PTBeach@csulb.edu**

