



Altru Family YMCA Parkinson Wellness Recovery & Rock Steady Boxing

PROGRAM DETAILS

PARTICIPANT REQUIREMENTS

- Each participant will meet with a certified YMCA Trainer and complete a confidential intake interview which includes member information, medical clearance, informed consent and Promis 29 evaluation.
- Each participant will participate in an initial physical assessment to help us determine how we can best serve each individual.
- Reassessments will be conducted approximately every 3 months to evaluate individual improvements and identify areas that require additional attention.
- To ensure safety, participants who require close supervision are encouraged to attend with a caregiver. Individuals with a high risk of falling may be limited to seated and lying exercises at the discretion of the trained staff.

SCHEDULE

Monday:	10:30 am - noon	PWR! Moves	Studio A/B & Studio 2
Tuesday:	10:30 am - noon	Rock Steady Boxing	Studio A/B & Main Group Fitness Studio
Wednesday:	10:30 am - noon	PWR! Moves & Group Cycling	Studio A/B & Cycling Studio
(Thursday:	10:30 - 11:15 am	Optional YogaFlex Class	Studio 2)

FEES

- The program is complimentary to YMCA/Choice Health & Fitness members.
- Non-members fee: \$48/month or \$10 per class
- Trial member: new participants are welcome to try the class before enrolling.
- Financial **program** and **membership** scholarship assistance is available.

HOW TO ENROLL

- If you are a YMCA or Choice H & F member, you will be automatically enrolled if you have completed the Participant Requirements.
- Non-members will enroll at Y Member Services and provide the necessary contact information and agreed upon payment.

CONTACT

Contact Roxee Jones or Patti McEnroe at the Y: (701) 775-2586 / rjones@gfymca.org / pmcenroe@gfymca.org

MEMBERSHIP INFORMATION & FINANCIAL ASSISTANCE

There are several **membership options** available to you. You may enroll as a Senior Member, Senior Couple, Family, Adult, and more. Membership privileges, include unlimited use of the Y Fitness Center, Pool, Track, Fitness Classes and much more, plus you may also use Choice and enjoy their regular membership privileges. Financial assistance is available to you as well. Membership and program scholarship applications are easy to complete and all information provided is kept confidential.

There are also several **insurance reimbursement benefit programs** available (through companies such as Blue Cross Blue Shield; Health Partners; Medica Fit Choices; Medicare; Humana; and Ucare), including SilverSneakers, Silver-N-Fit and others. We can discuss those with you to find out if you qualify. For detailed membership info, contact Bob McWilliams at the Y.