

## PD GLADIATORS FITNESS NETWORK - SAMPLE SCHEDULE

Now Operated by the Parkinson's Foundation



	Classes	Instructor	Location	Facility
<b>MONDAY</b>				
10:30am - 11:30am	Parkinson's Movement Class	YMCA Staff	East Lake	East Lake Family YMCA
11:00 am - 12:00 pm	Parkinson's Movement Class	YMCA Staff	Newnan	Summit Family YMCA
11:00 am - 12:15 pm	Boxing Training for PD (I/II)	LDBF	Sandy Springs	Fitness Firm
11:30 am - 12:25 pm	Parkinson's Movement Class	YMCA Staff	Chamblee	Cowart Family/Ashford Dunwoody YMCA
11:35 am - 12:25 pm	Parkinson's Movement Class	YMCA Staff	Lawrenceville	Tull-Gwinnett Family YMCA
12:00pm - 12:45pm	Parkinson's Movement Class	YMCA Staff	Cumming	Forsyth County Family YMCA
12:30 pm - 1:30pm	Boxing Training for PD (III/IV)	LDBF	Sandy Springs	Fitness Firm
1:20pm - 2:15pm	PD Group Cycling	YMCA Staff	Alpharetta	Isakson-Alpharetta Family YMCA
2:30 pm - 3:30 pm	Tailor-Made Yoga for PD	Cathy Hightower	East Cobb	Just Fitness
2:30 pm - 3:30 pm	Knock Out PD - Boxing	TITLE Boxing Staff	Kennesaw	TITLE Boxing Club Kennesaw
7:00 pm - 8:00 pm	Dance for Parkinson's	Paulo Manso de Sousa	Newnan	Southern Arc Dance
<b>TUESDAY</b>				
10:30 am - 11:15 am	Dance for Parkinson's	Paulo Manso de Sousa	Newnan	Southern Arc Dance
10:30 am - 11:30 am	Ageless Grace	Lori Trachtenberg	Vinings	Kaiser Permanente (members only)
11:00 am - 11:45 am	Parkinson's Movement Class	YMCA Staff	South Atlanta	Villages at Carver Family YMCA
11:00 am - 12:00 pm	Parkinson's Movement Class	YMCA Staff	Decatur	South Dekalb Family YMCA
11:30 am - 12:00 pm	PD Group Cycling	YMCA Staff	Kennesaw	Northwest Family YMCA
12:00 pm - 1:00 pm	Dance for Parkinson's	Eleanor/Rob Rogers	Cumming	Still Pointe Dance Studios
12:15 pm - 12:45 pm	Parkinson's Movement Class	YMCA Staff	Buckhead	Sanders Family YMCA at Buckhead
12:30 pm - 1:25 pm	Parkinson's Movement Class	YMCA Staff	East Cobb	McCleskey-East Cobb Family YMCA
12:30 pm - 1:25 pm	Parkinson's Movement Class	YMCA Staff	Canton	Pruett Community Center Family YMCA
12:45 pm - 1:30 pm	Parkinson's Movement Class	YMCA Staff	Kennesaw	Northwest Family YMCA
1:00 pm - 2:00 pm	Parkinson's Movement Class	YMCA Staff	Alpharetta	Isakson-Alpharetta Family YMCA
1:00 pm - 2:00 pm	General Fitness for PD	Laura Hughes	Smyrna	Aline Wolfe Adult Recreation Center
1:30 pm - 2:30 pm	Parkinson's Movement Class	YMCA Staff	Norcross	Fowler Family YMCA
1:30 pm - 2:15 pm	Parkinson's Movement Class	YMCA Staff	Decatur	Decatur Family YMCA
2:15 pm - 3:15 pm	Tai Chi for PD (Standing)	Yellow River Center	Morningside	Morningside Presbyterian Church
2:30 pm - 3:30 pm	Knock Out PD - Boxing	TITLE Boxing Staff	Alpharetta	TITLE Boxing Club Alpharetta
7:00 pm - 8:00pm	Boxing Training for PD (I/II)	LDBF	Sandy Springs	Fitness Firm
<b>WEDNESDAY</b>				
10:30am - 11:30am	Ageless Grace	Lori Trachtenberg	Brookhaven	Briarwood Park Community Center
11:00 am - 12:15 pm	Boxing Training for PD (I/II)	LDBF	Sandy Springs	Fitness Firm
11:35 am - 12:25 pm	PD Group Cycling	YMCA Staff	Lawrenceville	Tull-Gwinnett Family YMCA
12:00 pm - 12:45 pm	PD Group Cycling	YMCA Staff	Canton	Pruett Community Center Family YMCA
12:00pm - 12:45pm	Parkinson's Movement Class	YMCA Staff	Cumming	Forsyth County Family YMCA
12:00 pm - 1:00 pm	Ageless Grace	Sandy Bramlett	Decatur	Decatur Senior Center
12:30 pm - 1:30pm	Boxing Training for PD (III/IV)	LDBF	Sandy Springs	Fitness Firm
1:00 pm - 1:55 pm	Parkinson's Movement Class	YMCA Staff	Newnan	Summit Family YMCA
2:30 pm - 3:30 pm	Knock Out PD - Boxing	TITLE Boxing Staff	Kennesaw	TITLE Boxing Club Kennesaw
<b>THURSDAY</b>				
11:00 am - 12:00 pm	Ageless Grace (2nd & 4th Th)	Maureen McCord	Johns Creek	The Cohen Home
11:00 pm - 11:55 am	Parkinson's Movement Class	YMCA Staff	Newnan	Summit Family YMCA
11:00 am - 12:15 pm	Boxing Training for PD (I/II)	LDBF	Sandy Springs	Fitness Firm
11:30 am - 12:15 pm	Parkinson's Movement Class	YMCA Staff	Covington	Covington Family YMCA
12:00 pm - 1:00 pm	Line Dancing for Parkinson's	Wendy Haggerty	Cumming	Still Pointe Dance Studios
12:30 pm - 1:25 pm	Parkinson's Movement Class	YMCA Staff	East Cobb	McCleskey-East Cobb Family YMCA
12:30pm - 1:25 pm	Parkinson's Movement Class	YMCA Staff	Canton	Pruett Community Center Family YMCA
1:00 pm - 2:00 pm	Yoga for PD	Dawn Benson	Suwanee	Yoga Dawning Studio
1:00 pm - 2:00 pm	Parkinson's Movement Class	YMCA Staff	Alpharetta	Isakson-Alpharetta Family YMCA
1:15 pm - 2:00 pm	Parkinson's Movement Class	YMCA Staff	Norcross	Fowler Family YMCA
2:30 pm - 3:30 pm	Knock Out PD - Boxing	TITLE Boxing Staff	Alpharetta	TITLE Boxing Club Alpharetta
<b>FRIDAY</b>				
11:00 am - 11:45 am	Parkinson's Movement Class	YMCA Staff	South Atlanta	Villages at Carver Family YMCA
11:00 am - 12:00 pm	Ageless Grace	Lori Trachtenberg	Buckhead	Peachtree Rd. United Methodist Church
11:15 am - 11:50 am	Parkinson's Movement Class	YMCA Staff	Kennesaw	Northwest Family YMCA
11:15 am - 12:15 pm	Tai Chi for PD (Seated)	Yellow River Center	Decatur	The Regency House
11:35 am - 12:25 pm	Parkinson's Movement Class	YMCA Staff	Lawrenceville	Tull-Gwinnett Family YMCA
12:00 pm - 12:30 pm	PD Group Cycling	YMCA Staff	Kennesaw	Northwest Family YMCA
12:00pm - 12:45pm	Parkinson's Movement Class	YMCA Staff	Cumming	Forsyth County Family YMCA
12:30 pm - 1:25 pm	PD Group Cycling	YMCA Staff	East Cobb	McCleskey-East Cobb Family YMCA
1:30 pm - 2:30 pm	Tai Chi for PD	Yellow River Center	Snellville	Centerville Community Center
2:30 pm - 3:30 pm	Knock Out PD - Boxing	TITLE Boxing Staff	Kennesaw	TITLE Boxing Club Kennesaw
<b>SATURDAY</b>				
8:00 am - 9:00 am	Boxing Training for PD (I)	LDBF	Sandy Springs	Fitness Firm
10:30 am - 11:30 am	Boxing Training for PD (III/IV)	LDBF	Sandy Springs	Fitness Firm
12:00 pm - 1:15 pm	Boxing Training for PD (I/II)	LDBF	Sandy Springs	Fitness Firm

[To view an up-to-date schedule or learn more details about any of these classes, including how to sign up, please visit our website at www.parkinson.org/georgia and select "PD Gladiators Fitness Network" from the homepage.](http://www.parkinson.org/georgia)