



CORNERSTONE Clubs

# PARKINSON'S PROGRAM

Join us as a Parkinson's Program member and enjoy . . .

- ◆ ALL the perks of being a Cornerstone Clubs' member including access to three locations, an aquatics facility, extensive group exercise, yoga, meditation and Tai Chi classes, and fully equipped fitness centers
- ◆ PLUS unlimited access to all Parkinson's programming classes including PWR! and Rock Steady Boxing with certified trainers/coaches leading you every step and punch of the way.



**Rock Steady Boxing**, founded by Greg Newman after his diagnosis when he was around 40 years old, is based on the principle of "forced intense" exercise. The idea of "fighting back" in this non-contact, boxing workout, goes farther than

the physical benefits anyone can gain from training like a boxer (improved agility, balance, strength, mobility, stamina); it creates a sense of community within an experience that is a whole lot of fun. No boxing experience is required.



**PWR! Moves**, founded by Dr. Becky Farley, a neuroscientist and Parkinson's exercise specialist, is a Parkinson's specific exercise approach that directly targets four foundational movements to counteract the primary deficits shown by research

to interfere with everyday mobility. The class structure can adapt to different needs of the participants and can progress. PWR!Moves is a Parkinson's exercise revolution designed to improve movement at all levels.

Prior to jumping into a class, each new member will experience an Assessment with our Parkinson's Programming staff members in which we will get to know each individual's journey, current fitness level and create a personalized plan incorporating the Parkinson's specific classes. As a Cornerstone Clubs member, you also receive a complimentary session with one of our Wellness Coaches to learn the in's and out's of Cornerstone Clubs.

# Cornerstone's Parkinson Program is a great value!

## Only \$129/month per person includes:

- An initial assessment with a Parkinson's specialist
- A complimentary appointment with a Wellness Coach
- Full membership to all three Cornerstone Clubs locations
- Unlimited access to all Parkinson's Program classes

Starts 1/5/19	MON	TUES	WED	THUR	FRI
9:45am - 10:45am		PWR! With Mary		PWR! With Mary	
9:45am - 11:00am	RSB With Bart		RSB With Kristin		
11:15am - 12:30pm	RSB With Bart	RSB With Kristin		RSB With Kristin	RSB With Bart
12:45pm - 1:45pm		PWR! With Mary		PWR! With Mary	

### Class location:

Classes take place at our Warrington location which is in the Health & Wellness Center; 847 Easton Road, Warrington, 18976, 215.918.5900.

### Class sign up procedures:

In order to serve you better, we ask that you please call in advance and register for a class. Alternatively, you can create an account, download our APP and register for classes online (see member services for more information).

All classes have a 25 hour sign-up policy, meaning that you can call anytime within 25 hours of the start of your desired class to register.



For more information about our Parkinson's Program, please contact **Mary Keunecke** at [Mkeunecke@cornerstoneclubs.com](mailto:Mkeunecke@cornerstoneclubs.com) or call Cornerstone Warrington at **215.918.5900**. [www.cornerstoneclubs.com](http://www.cornerstoneclubs.com)