



# **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](mailto:CHHS-PTBeach@csulb.edu)**

