



# 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)

