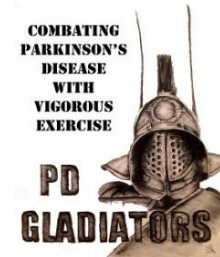




PD GLADIATORS FITNESS NETWORK - SAMPLE SCHEDULE

Now Operated by the Parkinson's Foundation



	Classes	Instructor	Location	Facility
MONDAY				
10:45am - 11:45am	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	Optimizing Exercise (1st and 3rd M)	LDBF	Sandy Springs	Fitness Firm
11:00 am - 12:15 pm	Boxing Training for PD (I/II)	LDBF	Sandy Springs	Fitness Firm
11:15 am - 12:10 pm	Parkinson's Movement Class	YMCA Staff	Canton	G. Cecil Pruett Comm. Center Family YMCA
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	J.M. 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
1:00 pm - 1:30 pm	PD Group Cycling	YMCA Staff	Cumming	Forsyth County Family YMCA
1:20pm - 2:15pm	PD Group Cycling	YMCA Staff	Alpharetta	Ed Isakson/Alpharetta Family YMCA
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
TUESDAY				
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)
10:30 am - 11:15 am	Parkinson's Movement Class	YMCA Staff	Covington	Covington Family YMCA
11:00 am - 12:00 pm	Parkinson's Movement Class	YMCA Staff	Decatur	South DeKalb Family YMCA
11:00 am - 12:15 pm	Boxing Training for PD (I/II)	LDBF	Sandy Springs	Fitness Firm
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	Carl E. Sanders Family YMCA at Buckhead
12:30 pm - 1:25 pm	Parkinson's Movement Class	YMCA Staff	East Cobb	McCleskey-East Cobb Family YMCA
12:45 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	Ed 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	Robert D. Fowler Family YMCA
1:30 pm - 2:15 pm	Parkinson's Movement Class	YMCA Staff	Decatur	Decatur Family YMCA
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

WEDNESDAY

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	J.M. Tull-Gwinnett Family YMCA
12:00 pm - 1:00 pm	Parkinson's Movement Class	YMCA Staff	Stone Mtn.	Wade Walker Family YMCA
12:00 pm - 12:45 pm	PD Group Cycling	YMCA Staff	Canton	G. Cecil Pruett Comm. 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 - 1:30 pm	PD Group Cycling	YMCA Staff	Cumming	Forsyth County Family YMCA
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

THURSDAY

11:00 pm - 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
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	G. Cecil Pruett Comm. Center Family YMCA
1:00 pm - 2:00 pm	Parkinson's Movement Class	YMCA Staff	Alpharetta	Ed Isakson/Alpharetta Family YMCA
1:15 pm - 2:00 pm	Parkinson's Movement Class	YMCA Staff	Norcross	Robert D. Fowler Family YMCA
2:30 pm - 3:30 pm	Knock Out PD - Boxing	TITLE Boxing Staff	Alpharetta	TITLE Boxing Club Alpharetta

FRIDAY

11:00 am - 11:45 am	Parkinson's Movement Class	YMCA Staff	South Atlanta	Villages at Carver Family YMCA
11:00 am - 11:30 am	Parkinson's Movement Class	YMCA Staff	SW Atlanta	Andrew & Walter Young Family YMCA
11:00 am - 12:00 pm	Ageless Grace	Lori Trachtenberg	Buckhead	Peachtree Rd. United Methodist Church
11:00 am - 12:15 pm	Inside the Ring - Boxing	LDBF	Sandy Springs	The Fight House Atlanta
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	J.M. 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

SATURDAY

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 updated schedule, please visit Parkinson.org/Georgia](https://www.parkinson.org/Georgia) and click on "PD Gladiators Fitness Network" from the homepage.