



- Rock Steady Boxing Syracuse • Yoga • Tai Chi • Nutrition Classes • BIG for Life**
• Support Groups • Dance Classes • Balance Classes
• Rehab Screen-Physical Therapy, Occupational Therapy and Speech Therapy

**COVID
-19**

Our major Concern is **your** health and safety. We have been offering ZOOM classes since the beginning of the shutdown and will continue to do so as we try to resume our in-person programming. The schedule below is as of April 26, 2021 but will be subject to change as we move on and are able to offer more exercise sessions in the gym

PRESENT SCHEDULE

Rock Steady Boxing

Monday and Wednesday
1:00 pm - 2:00 pm

AND

4:30 pm - 5:30 pm

In Gym and on Zoom

Tuesday and Thursday
11:00 – 12:00 noon

In Gym and on Zoom

LOUD For LIFE

Monday
10:00 am Zoom only

Dance Yoga

Tuesday
1:00 pm Zoom Only

Support Groups

Once to Three Times Weekly
Varying Days and Times
Zoom Only

Nutrition

Twice Monthly Zoom Only

BIG for LIFE

Monday, Wednesday and Friday
9:00am Zoom Only

Zoom Programs: Contact [**empowerparkinson@gmail.com**](mailto:empowerparkinson@gmail.com) ***to have your email put on the distribution list.***
Schedules with a zoom link are sent out on Monday morning with the links for the week.

Our programs are likely to change so that you should be on our distribution list or contact
Patrick for updated Information

***Programs are provided by certified / credentialed professionals and re overseen by
Patrick Van Beveren DPT, MA – Doctor of Physical Therapy and Certified Rock Steady Boxing Coach***

All indoor programs are conducted at the Pacific Health Club Building
604 Old Liverpool Road (Rear Parking Lot) Liverpool, NY

Call Patrick at (315) 729-7178 with questions and to confirm class times

Empower Parkinson, Inc. is a 501(c)3 Non-Profit Corporation