

*RIC Center for Health and Fitness Presents:*

**NEW!**

# Parkinson's Disease Amplitude-Based Training

Parkinson's Disease Amplitude-Based Training is an advanced level group exercise class that incorporates the latest approach to exercise for early staged individuals with Parkinson's Disease. This class will utilize high-intensity, multidirectional and repetitive movements to increase endurance, balance and functionality of everyday movements. There will also be an education component to help participants learn about the effects of Parkinson's Disease and strategies to improve function.

**When:** Classes are held every Tuesday and Thursday  
5:30P.M. - 6:30 P.M.

**Where:** Rehabilitation Institute of Chicago  
**Floor 16, Room #1609**  
345 E. Superior St., Floor 16, Chicago, IL 60611

**Cost:** The class will run in 8 week cycles  
\$95.00 for 8 weeks (16 total classes)

**For additional information or to register for the next session  
contact:**

**Eric Johnson at 312-238-5001**

**Class size is limited!**

All participants are encouraged to consult with their physician before beginning this or any new exercise program.

