

# Parkinson's Programs



**Lake Forest Health & Fitness Center**  
1200 North Westmoreland Road  
Lake Forest, Illinois 60045

TTY for the hearing impaired 312.926.6363

[lakeforesthfc.com](http://lakeforesthfc.com)



## Class descriptions

**TRX for Parkinson's** **LEVELS 1 and 2**

Improve your core, balance, strength and endurance through suspension training.

**Pedal for Parkinson's** **LEVELS 1 and 2**

Stationary bicycle pedaling therapy at a high pace. Combines rhythmic pedaling with support to help improve motor function.

**Stride and Strength** **LEVELS 1 and 2**

A circuit-based training program designed to improve gait and muscular strength. Develop functional fitness through the use of free weights and body weight exercises.

**Strength and Balance** **LEVELS 2 and 3**

Strengthen your way to a more balanced body! Increase strength and range of motion, and improve coordination and posture with a variety of equipment, such as light weights and bands.

**Pilates for Parkinson's** **LEVELS 2 and 3**

Gain muscle and joint dexterity with breath, flow and gentle movements. Participants are recommended to be barefoot while working off a chair or on a mat.

**Yoga for Parkinson's** **LEVELS 3 and 4**

Practice gentle movements accompanied by proper breathing to achieve increased mobility, flexibility, strength and well-being.



**Functional Fitness**

**LEVELS 3 and 4**

Focus on moving safely while seated or standing utilizing a variety of equipment such as light weights and bands to increase strength and range of motion.

**Dance for Parkinson's**

**LEVELS 3 and 4**

A fun movement class for all abilities, mostly sitting in chairs, and set to music. Imagery, rhythm and fun inspire improved movement and provide an enjoyable way to stretch and get moving.

**Rock Steady Boxing**

**FOR ALL LEVELS**

Parkinson's causes a loss in many of the same elements that boxers condition to improve. Medical research shows that forced, intense exercise can reduce, reverse and delay Parkinson's symptoms.

## Class levels

**LEVEL 1** Symptoms are inconvenient but not disabling. Classes are designed to improve overall fitness level and postural imbalances. High intensity and rapid transitions. Assistance is not required.

**LEVEL 2** Symptoms are bilateral with posture and gait affected. Classes are designed to improve overall fitness level and postural imbalances. High intensity. Caregivers are encouraged but not required.

**LEVEL 3** Symptoms include significant slowing of body movements and impairment of equilibrium on walking or standing. Classes will address high balance risks, flexibility and improved gait. Caregivers are encouraged and may be required.

**LEVEL 4** Symptoms are severe with cognitive impairments and rigidity. Classes will address high balance risks, improving postural imbalances, flexibility and gait. Caregivers are required.

**Parkinson's Support Group**

**FOR ALL LEVELS**

Learn about Parkinson's patient resources and the latest research. Each support group has a guest speaker who covers a different topic. Participate in our group exercise and then break off in caregiver and patient groups to discuss how to overcome challenges and to share ideas to help each other. *Registration not required.*

# Program information

Check-in is required at the front desk before attending class

Registration is required to attend classes

Advanced registration is available to members only

Health History Questionnaire must be completed for first-time registration and on a yearly basis

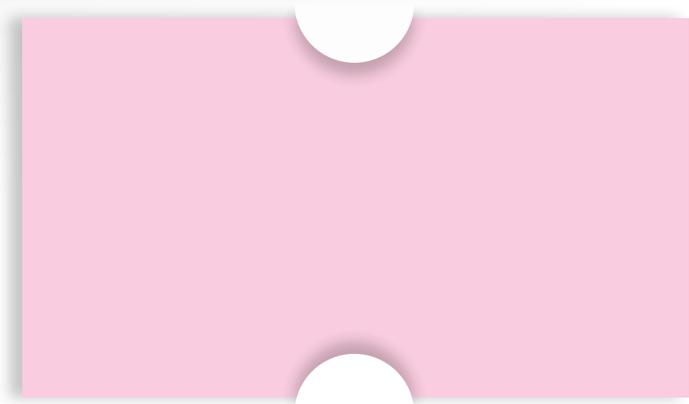
Physician's approval form is required

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Forms are available at  
[lakeforesthfc.org/medical-fitness-programs](http://lakeforesthfc.org/medical-fitness-programs)

If you have any questions regarding LFHFC Parkinson's programs, please contact:

**Anthony Simone**, Wellness Manager  
Northwestern Medicine Lake Forest Health & Fitness Center  
Northwestern Medicine Lindenhurst Health & Fitness Center  
847.535.7140



## Class Days and Times *(check box for selection)*

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### Sunday

Pilates for Parkinson's 11:00am-12:00pm (LF)

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### Monday

Pedal for Parkinson's 10:30-11:30 am (LF)

TRX for Parkinson's 11:45-12:15 pm (LF)

Stride and Strength 12:30-1:30 pm (LF)

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### Tuesday

Pedal for Parkinson's 10:30-11:30 am (LH)

Strength and Balance 12:45-1:45 pm (LF)

Rock Steady Boxing (1 and 2) 2:00-3:00 pm (LF)

Rock Steady Boxing (3 and 4) 3:15-4:15 pm (LF)

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### Wednesday

Pedal for Parkinson's 11:00am-12:00 pm (LF)

TRX for Parkinson's 12:15-12:45 pm (LF)

Dance for Parkinson's 1:00-2:00 pm (LF)

Parkinson's Support Group 10:00 am-12:00 pm (LF)

*Second Wednesday of every month, no registration needed*

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### Thursday

Pedal for Parkinson's 10:30-11:30 am (LH)

Rock Steady Boxing (1 and 2) 12:45-1:45 pm (LF)

Rock Steady Boxing (3 and 4) 2:00-3:00 pm (LF)

Functional Fitness 3:15-4:15 pm (LF)

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### Friday

Pedal for Parkinson's 11:30 am-12:30 pm (LF)

Yoga for Parkinson's 1:00-2:00 pm (LF)

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LF-Lake Forest Health & Fitness Center

LH-Lindenhurst Health & Fitness Center

## Registration *(please print clearly)*

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Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Are you a member of LFHFC?  Yes  No

### Mail or return registration form to:

Lake Forest Health & Fitness Center

Attention: Anthony Simone

1200 North Westmoreland Road

Lake Forest, Illinois 60045

## Participation Waiver

Please read and sign the waiver below.

You acknowledge that your attendance at or use of Lake Forest Health & Fitness Center (HFC), including without limitation your participation in any of HFC's programs or activities and your use of HFC's equipment and facilities, and transportation provided by HFC, could cause injury to you. In consideration of your membership in HFC, you hereby assume all risks of injury which may result from or arise out of your use of the premises, attendance at or use of HFC or its equipment, activities, facilities, or transportation; and you agree, on behalf of yourself and your heirs, executors, administrators and assigns, to fully and forever release and discharge HFC, Northwestern Medicine Lake Forest Hospital and Northwestern Memorial HealthCare, and their respective officers, directors, employees, agents, successors and assigns, and each of them (collectively, the "Releases"), from any and all claims, damages, demands, rights of action or causes of action, present or future, known or unknown, anticipated or unanticipated, resulting from or arising out of your attendance at or use of HFC or its equipment, activities, facilities or transportation, including without limitation any claims, damages, demands, rights of action or causes of action resulting from or arising out of the negligence of the Releases. Further, you hereby agree to waive any and all of such claims, damages, demands, and rights of action or causes of action. Further, you hereby agree to release and discharge the Releases from any and all liability for any loss or theft of, or damage to, personal property. In addition, you grant Lake Forest and Lindenhurst Health & Fitness Centers permission to utilize your image or likeness for any promotional or marketing materials, including but not limited to any and all social media platforms, for the sole and exclusive use of its respective purposes only.

You acknowledge that you have carefully read this waiver and release and fully understand that it is a waiver and release of liability.

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

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