

## Exercise Classes for Parkinsons in Ripon



We all know exercise is good for us especially as we get older.

This class is designed for those with Parkinson's using cardiovascular, strength, balance and cognitive exercises in a supportive, fun environment.

The exercises also benefit those without Parkinson's – so bring your family and friends along too!

Ripon Arts Hub, Allhallowgate, Ripon, HG4

2<sup>nd</sup> and 4<sup>th</sup> Wednesday 3.30 to 4.30pm

1<sup>st</sup> & 3<sup>rd</sup> Thursdays 2 to 3pm (see timetable below)

For more information and to book a place contact Lisa on 07975 967354 or email [lisa@mobilitymagic.co.uk](mailto:lisa@mobilitymagic.co.uk)

**Come along to a fun and friendly group. We look forward to welcoming you.**

### *Parkinsons Group - Exercise Class - Ripon Arts Hub*

#### Wednesdays 3.30–4.30pm

May 3, 17, 31

June 14, 28

July 12, 26

Aug 9, 23

Sept 13, 27

Oct 11, 25

#### Thursdays 2-3pm

May 11, 25

June 8, (no class on 22nd)

July 6, 20

Aug 3, 17, (no class on 31st)

Sept 7, 21

Oct (no class on 5th), 19