FIGHTING PARKINSON’S

Age 18 & Older
Join us for a new approach to fighting back against Parkinson’s Disease. We will train the body and mind with non-contact boxing and drills, integrating yoga and mindfulness techniques. Utilizing the best from both worlds, we will target balance, strength, agility, flexibility, range of motion, stability and more in an inclusive, welcoming environment. Parkinson’s patients at every stage of progression are welcome. Drawing from the latest research and techniques, this class will improve the quality of life for students significantly. We are excited to offer this program to the community and look forward to building a team of dedicated Parkinson’s warriors. Our genuine, supportive staff have knowledge of Parkinson’s, it symptoms and challenges.

Jana Adams will instruct this class. Jana was diagnosed with young onset Parkinson’s Disease in her early forties. Fitness has been a huge part of her life and the diagnosis made it even more of a priority, as exercise is the only proven way to slow down the progression of PD. Delving deeper into her yoga and meditation practice, Jana completed her RYT-200 certified yoga teacher training through Yoga Alliance in 2016 and has been teaching a variety of populations ever since. Jana is an instructor at Yoga on the Lake, she teaches chair yoga to seniors, and is thrilled to work with the Boys and Girls Clubs of Sheboygan County and with Nourish, teaching after school yoga to kids of all ages.

Jana is passionate about researching and raising awareness about Parkinson’s Disease. She has an innate understanding of PD and the myriad of symptoms that come with it. Jana is an advocate of living well no matter what challenges one is facing and she is honored to have the opportunity to help others take the steps to slow their disease and enjoy a far better quality of life. For more information, please contact Matt Mueller at 920-451-8000 x117 or Michelle Bustamante at 920-451-8000 x114.

Winter 1 ..........January 8 - February 21, 2019
Winter 2 ..........February 26 - April 11, 2019
Spring ...............April 16 - May 30, 2019

Tuesday ..............4:30pm - 5:30pm
and/or
Thursday .............10:30am - 11:30am

The fee includes your very own pair of boxing gloves and wrist wraps!