

Parkinson's Movement Center of Worcester, MA

DopaFit Parkinson's Movement Center is dedicated to helping people living with Parkinson's Disease live an **active lifestyle**. DopaFit has developed their exercise curriculum by taking a symptomatic approach to Parkinson's Disease. DopaFit **offers classes for all abilities** and with varying intensity levels making it welcoming for all!

Greater intensity exercise equals greater benefits!



That is why DopaFit's curriculum includes varying exercise programs that offer strength training and interval training from Rock Steady Boxing to Spin for Parkinson. Each program gives participants a different challenge and has proven to give our participants **significant improvements in functional balance, gait, mobility, and gross motor movements**. Our focused exercises challenge both the left and right side of the brain allowing there to be **enhanced cognitive function** while performing exercise.

NOW ACCEPTING NEW CLIENTS FOR CLASSES BEING OFFERED IN THE WORCESTER AREA!

Class Schedule: Mondays and Fridays
Class Time: 10am-11:30am
Location: ABL Dance Center, 184 West Boylston St,
West Boylston, MA 01583

Rock Steady Boxing, Delay The Disease, and Power Moves Certified



WE CARE ABOUT YOU!

This is a large improvement from when he came in for the first time a year and a half ago, says his wife Barbara Corrigan. He was newly diagnosed with Parkinson's and was having difficulty keeping his balance, she says. Since attending class three times a week, he is in much better shape, she says. "It's just been a wonderful experience for both of us."