



Parkinson's Cardio Challenge Exercise Class

2 Classes per Week
\$75 Monthly Membership

DID YOU KNOW?

The American Medical
Association recommends
20 minutes, 3 days per week
of aerobic exercise
for adults with
Parkinson's!

Our Services

Comprehensive
assessment
every 6 months

Two 1-hour
group cardio
classes

Direct
supervision and
instruction

Contact Us

We are located in the LifeFit Center
Phone: (562) 985-8286
Email: CHHS-PTBeach@csulb.edu