

health &  
wellness

at the  
Sabes JCC



# Specialty Training for Parkinson's

The JCC Fitness Center's commitment is to always offer the latest trends in fitness. Exercise is an important part of healthy living for everyone. However, for people with Parkinson's disease (PD) exercise is not only healthy, but a vital component to maintaining balance, mobility and daily living activities, along with a potential neuroprotective effect.

## PRIVATE PARKINSON'S SPECIALTY SESSIONS

1 Session	\$65
4 or 8 Sessions	\$240 or \$480 (\$60 per)
12 Sessions	\$660 (\$55 per)
24 Sessions	\$1200 (\$50 per)

*\*All sessions are 30 minutes long. Initial session is complimentary.*

*"Heidi has been my personal trainer for over a year. I have seen improvement in my flexibility, strength, endurance and my main goal, balance. I am much more confident walking and completing tasks that require quick movement. During our sessions, Heidi is well-prepared with a plan that addresses the areas of our focus. I trust her training and support her ideas for increasing my fitness level."*  
-Sue W., Parkinson's client

For more information or to schedule sessions, please contact Heidi Weinberg at [hweinberg@sabesjcc.org](mailto:hweinberg@sabesjcc.org) or (952) 381-3418.

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