

Neuro-Power Classes

Parkinson's Cycling and Chair Yoga Combination-Class

Tuesdays & Thursdays

1PM to 2:15 PM



Join Ed Soloway, our instructor, for one hour and 15 minutes of a super-helpful class. You will get 30 minutes of safe cardiovascular conditioning which transitions off of the cycles to a chair yoga class that helps core, balance, flexibility and meditation. Most of these elements are grossly neglected in daily living as well as most fitness programs. Ed is a dual Parkinson's cycling certified instructor. He is a skilled and observant instructor that will help you to safely make progress in your quest for improved health.



This class is designed to help you improve in many areas of health that are typically neglected or are often pursued in ways that create inflammation in the body.

Indoor cycling builds strength and balance climbing on and off the bike. Cycling is a safe way to condition your heart while pedaling on a stable bike that does not tip the way a road bike can.

Time is allotted to transition the class to chair yoga. The chair yoga portion of the class will help build balance, coordination and flexibility in a meditative environment that reduces stress.



Contact Paul Discipio at pdiscipio@mvyymca.org to register