



Your Local Parkinson's Connection for Newport County

Parkinson's Disease Informed Exercise Instructors in Newport County

Group exercise instructors have completed the "APDA Parkinson's Training for Fitness, Health and Wellness Professionals."

Newport County YMCA

- Monday 2:00 pm **Zumba Gold** by Jess Shea
- Tuesday 9:00 am **Zumba toning** (High Cardio) Jess Shea
- Wednesday 7:30 am **Sculpt and tone** Kim Ceglarsky
- Wednesday 2:00 pm **Senior Strength** Jess Shea
- Wednesday 6:40 **Zumba toning** (High Cardio) Jess Shea
- Thursday 12:30 pm **Senior Strength** Kin Ceglarsky
- Friday 2:00 pm **Senior Strength** Jess Shea

Middletown

- Wednesday 11:00 am Middletown Senior Center **Drums Alive** by Jess Shea
- Friday 11:00 am Middletown Senior Center **Drums Alive** by Jess Shea

Portsmouth

- Mondays 9:30 am St John Lodge (supported by the senior center) **Balance and Strength Class** by Jess Shea
- Tuesday 11:00 am Portsmouth Senior Center **strength class** by Jess Shea
- Wednesday 10:00 am Atria Portsmouth **Zumba Chair** by Jess Shea
- Thursday 11:00 am St John Lodge (supported by the senior center) **Balance and Strength Class** by Jess Shea

Tiverton

- Tuesday 12:45 Tiverton Senior Center **Drums Alive** by Jess Shea
- Thursday Tiverton Senior Center **Balance and Strength** by Jess Shea
- Friday Tiverton Senior Center **Zumba Gold** by Jess Shea