

Wellness Wednesdays

at Sportsclub Greenville

EVERY WEDNESDAY IN SEPTEMBER

Sportsclub welcomes our local Parkinson's community to participate in a **free** group fitness class.

BALANCE Better



Physical Therapist
David Goldberg
will help you **improve balance and stability** with specific props and techniques.

- *Increase Proprioception*
- *Prevent Falls*
- *Reduce Injury*

During September, Sportsclub is hosting a number of events to raise awareness and money for the Michael J. Fox Foundation for Parkinson's Research. Part of this initiative is supporting our local Parkinson's community with what we do best - encouraging fitness and wellness!

12:15-1:15pm • September 6, 13, 20, & 27



Class Location: Studio 1 at Sportsclub Greenville,
712 Congaree Rd, Greenville, SC 29607

For questions please call 864-288-7220.

www.sportsclubsc.com



Please bring invitation for entry. You will be required to fill out a waiver before class.