

# EXERCISING WITH PARKINSONS

## INSTRUCTED BY:

Nationally Certified Personal Trainers

\*Physician release required.

## PROGRAM INCLUDES:

- Small group sessions twice per week for 6 weeks
- Mondays & Wednesdays : 12:15-1:00PM
- 6 week membership to The Atlantic Club\*

## SESSION:

Monday, January 15 - Wednesday, February 21

**PROGRAM FEE: \$149**

*\*6 week membership only offered with the first session*

Improve your well-being with The Atlantic Club's Exercise Program specifically designed for individuals with Parkinson's Disease

## Benefits Include:

- Improve Strength
- Improve Balance
- Improve Posture
- Gain Confidence

  
**MEDICALFITNESS**  
Association



*The Atlantic Club is a Medical Fitness Certified Facility.*

*Please contact the Atlantic Club for more information*

Manasquan: 732-223-2100 ext. 477

Red Bank: 732-219-5333 ext. 411



# [ ] Exercising with Parkinson’s Program at The Atlantic Club

Meets twice per week for 6 weeks and follows the ACSM (American College of Sports Medicine) guidelines.

Patient also receives a 6 week membership

Patient is cleared for unsupervised exercise. If there are any precautions/restrictions please list here.

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### Patient Information

Patient name. ....

Patient phone. ....

Patient email. ....

Date of Birth. .... / .... / .....

### Provider Information

Provider name (print) . ....

Provider signature **X** . ....  
SIGN HERE

Date . . . . / . . . . / . . . . .

Provider phone . ....

Provider fax. ....

### Fax completed form to:

The Atlantic Club Fitness & Wellness Center locations:

MANASQUAN, NJ

1904 Atlantic Avenue  
Manasquan, NJ 08736  
phone 732.223.2100  
fax 800.758.0948

RED BANK, NJ

325 Maple Avenue  
Red Bank, NJ 07701  
phone 732.219.5333  
fax 800.853.5519

### Provider Stamp

www.theatlanticclub.com

thank you for prescribing exercise.