

Parkinson's Fitness Classes - Fort Myers

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Parkinson's Fitness Classes - Fort Myers

Wellness Program: Parkinson's Fitness Classes in Fort Myers, Florida

In the heart of Fort Myers, Florida, the **Wellness Program** offers specialized fitness classes designed for individuals living with Parkinson's disease. These classes not only promote physical health but also enhance overall well-being through tailored exercises and community support.

Accessibility Features

One of the standout aspects of the Wellness Program is its commitment to **accessibility**. The facility is equipped with a range of features ensuring that everyone can participate comfortably:

Wheelchair-accessible entrance: Participants can easily enter and exit the building without any barriers, fostering an inclusive environment.

Wheelchair-accessible toilet: Restroom facilities are designed to accommodate those with mobility challenges, ensuring privacy and comfort.

Wheelchair-accessible car park: Convenient parking spaces are available for individuals who require closer access to the facility. **Gender-neutral toilets:**

The program promotes inclusivity, providing restroom options that cater to all gender identities.

Amenities for Optimal Experience

The Wellness Program not only focuses on physical activity but also provides various **amenities** to ensure a positive experience:

Knowledgeable instructors who specialize in Parkinson's fitness. A supportive community that fosters camaraderie among participants. Adapted equipment to meet the specific needs of individuals with Parkinson's.

Conclusion

The **Parkinson's Fitness Classes** at the Wellness Program in Fort Myers exemplify a dedication to health, inclusivity, and community. With a wide range of accessibility features and amenities, individuals can engage confidently and safely in their fitness journey. This program not only aids in improving physical fitness but also enhances social connections among participants, making it a valuable resource for those affected by Parkinson's disease.

Our establishment is located at

1360 Royal Palm Square Blvd, 33919 Fort Myers, Florida - United States (US)

The contact phone of the respective **Wellness program** is +1239-275-9622

And if you want to send a WhatsApp, you can do so at +1239-275-9622

Visit us during the following hours:

Day Hours
Monday

5:30?AM–9?PM

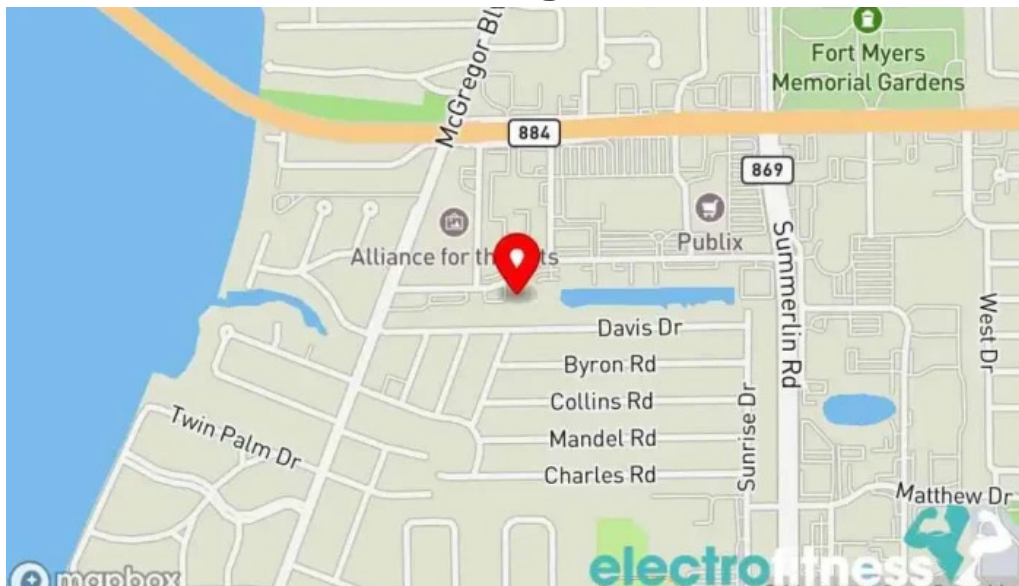
Tuesday

8?AM–5?PM

Wednesday
11:30?AM–5?PM
Thursday
5:30?AM–9?PM
Friday
5:30?AM–9?PM
Saturday
5:30?AM–9?PM
Sunday
5:30?AM–9?PM

If you wish to update any detail that you feel is not accurate regarding this site, we ask deliver a message so we can we will adjust it quickly. In advance thanks for your cooperation.

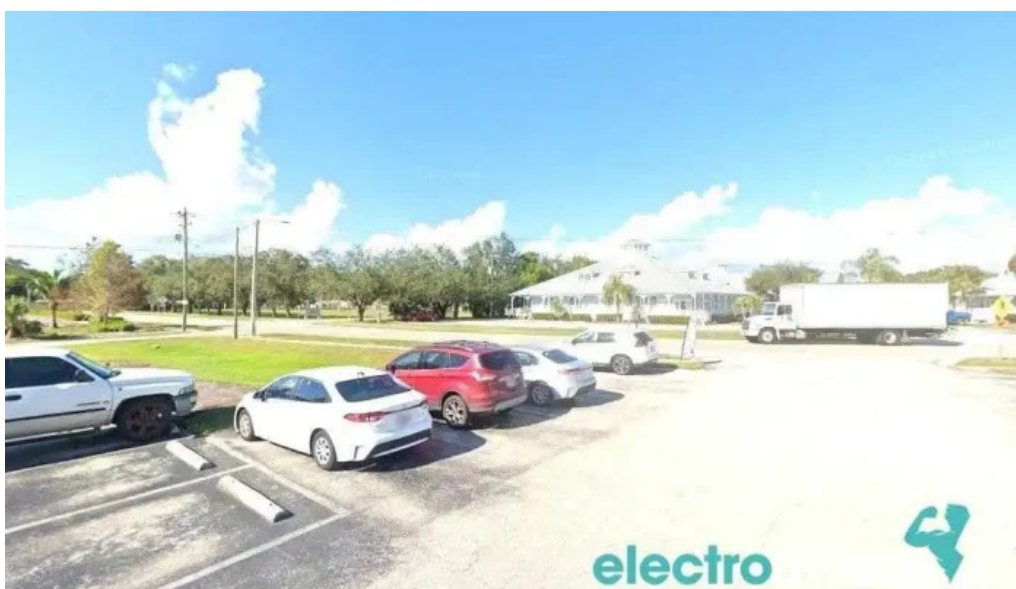
Images



Parkinsons fitness classes map



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Tags

Wheelchair-accessible entrance, Amenities, Accessibility, Gender-neutral toilets, Wheelchair-accessible toilet, Wheelchair-accessible car park

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karate club
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kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
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pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
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public library
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women's personal trainer
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