

# BOYNTON **WEEKLY** CLASSES

FLORIDA MOVEMENT THERAPY CENTERS

## MONDAY CLASS TIMES

10:00 AM

2:00 PM

BOXING

MOVEMENT

## WEDNESDAY CLASS TIMES

10:00 AM

12:00 PM

MOVEMENT

FUSION

## FRIDAY CLASS TIMES

10:00 AM

2:00 PM

BOXING

BOXING

**LET'S TALK!  
SPEECH  
WELLNESS**

**ZOOM ONLY**

WEDNESDAYS AT 4PM  
FRIDAYS AT 1PM

\*INCLUDED WITH FL MDF MEMBERSHIP

- Movement class is Beginner/Intermediate
- Fusion/Boxing is Intermediate/Advanced
- **\$20/Class or \$150/10 Class Package**
- **\$100/FL MDF Annual Membership\***

**SCHEDULING/QUESTIONS**

☎ 561-733-5083

Reservations are required for all classes

# FLORIDA MOVEMENT THERAPY CENTERS

## CLASS INFORMATION



### BOXING CLASS

This class is an intense non-contact boxing class to improve balance, coordination and daily function. "fight back" against Parkinson's disease!

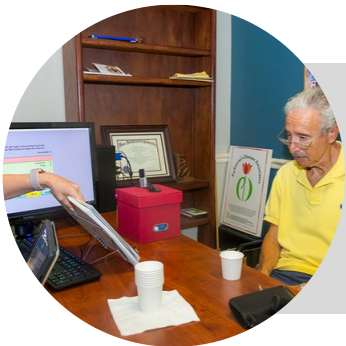
### MOVEMENT CLASS

This class is designed for patients at varied functional levels. The focus of this class is to challenge dynamic sitting and standing exercises in order to maintain gains.



### LET'S TALK! SPEECH WELLNESS (INCLUDED ONLY WITH FLMDF MEMBERSHIP)

The Let's Talk! class focuses on speech, swallowing and voice exercises, as well as cognitive tasks in a small group setting. Patients participate in activities and in discussion about topics related to movement disorders.



### TAI CHI CLASS

This class is a mix of activities such as visualization, meditation, body mechanics and hands on physical correction/manipulation, in repetitive exercises and partner work.



Currently  
Unavailable



### FUSION CLASS

This class is an intense mixture of non-contact Boxing Class and Movement Class to improve balance, coordination and daily function.