

Berkeley Heights YMCA Expands Parkinson's Wellness Program

New PWR!Moves® classes and continued partnership with Atlantic Health will provide greater access to Parkinson's-specific exercise and community support

SUMMIT, NJ, UNITED STATES, August 18, 2026 /EINPresswire.com/ -- The Summit Area YMCA is expanding its Parkinson's wellness programming at the Berkeley Heights YMCA, growing to three classes per week beginning in September. Two new PWR!Moves® sessions on Mondays and Wednesdays will join the existing Parkinson's

Exercise class on Friday, sponsored by Atlantic Health, giving people living with Parkinson's more opportunities each week to stay active, maintain function, and connect with a supportive community.



Regular exercise is an important part of living well with Parkinson's disease. Parkinson's can affect balance, mobility, posture, coordination and the ability to perform everyday movements, and structured exercise can help people maintain or improve physical function and quality of life.

PWR!Moves® (Parkinson Wellness Recovery) takes that one step further with an exercise curriculum developed specifically for people with Parkinson's. The program targets motor skills that commonly become more difficult with the disease, through intentional movements that translate directly to activities of daily life.

The benefits extend beyond physical movement. Consistent group programming provides structure, encouragement and opportunities for connection while helping participants build confidence in their ability to remain active. The Y recognizes social and emotional well-being, self-efficacy and sustained function as important benefits of connecting Parkinson's-specific exercise within community settings.

"Having cared for someone with Parkinson's, I saw firsthand how important it is to be proactive about maintaining mobility, stability and balance," said Elisa Bowser, Director of Group Exercise at the Summit Area YMCA. "By expanding these classes, we're giving people more opportunities to keep moving while also creating a community where participants can connect with others who understand the Parkinson's journey."

New Weekly Class Schedule

Mondays: PWR!Moves®, 1:15–2:15 PM, beginning September 14

Wednesdays: PWR!Moves®, 1:15–2:15 PM, beginning September 16

Fridays: Parkinson's Exercise, Sponsored by Atlantic Health, 1:15–2:15 PM

Eligibility & Screenings

To help ensure the program is appropriate and safe for each participant, prospective participants must complete a wellness screening, health history screening and physician release before attending their first class. Participants should be able to climb a flight of stairs without assistance, stand from a chair without assistance and tolerate approximately 40 minutes of activity.

Registration

Parkinson's exercise classes are open to YMCA members and the broader community.

Individuals interested in exploring the Y's Parkinson's exercise programs may attend one class at no cost before registering.

Non-members may participate for a \$10 drop-in fee (payable at check-in). Financial assistance is available for YMCA membership and programs to help ensure cost is not a barrier to participation.

Through August 31, new members can also join the Summit Area YMCA with a \$0 Join Fee, providing another opportunity to access the Y's wellness programs, facilities, and supportive community.

For more information, to schedule a complimentary trial class, or to register, visit thesay.org/PD or contact Elisa Bowser at elisa.bowser@thesay.org.

About the Summit Area YMCA

The Summit Area YMCA has been serving our community since 1886, working alongside our neighbors to ensure everyone can learn, grow, and thrive. We stand for youth development, healthy living, and social responsibility, and through the generosity of our members and partners, we provide financial assistance to support access and opportunities for all.

Olivia Williams

SUMMIT AREA YMCA

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