



MULTIPLE SCLEROSIS EXERCISE PROGRAM

The MS Exercise Program is a collaborative effort between the Huntington, WV YMCA, the Ohio Valley Chapter and the West Virginia Chapter of the National Multiple Sclerosis Society. It is a program designed for individuals beginning a fitness program or for those who may need more motivation, instruction or supervision to meet their fitness goals. This program involves group personal training led by instructors well educated in Multiple Sclerosis.

POINTS OF INTEREST:

- Huntington YMCA May Building membership
- Exercise sessions held in the privacy of the Group Personal Training Studio
- An individual exercise program designed and monitored by the class instructor
- Yoga Sessions
- Aqua Aerobics
- Small group setting (8 participants)
- Incorporates balance, strength, endurance and flexibility trainings

COST OF CLASSES:

- Scholarships are available through the Ohio Valley Chapter of the National Multiple Sclerosis Society. Please see contact information.

CLASS TIMES:

MONDAY	12:00-1:00PM
WEDNESDAY	12:00-1:00 PM
FRIDAY	12:30-1:30 PM

CONTACT INFORMATION:

Please contact Jody Knight 740.886.0532, MS class coordinator or Kirby Rulen 304.360.6699 for more information.

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