

## ***About the Main Instructor***

Originally from London, Rachel McCoy-Bedford has been a dedicated employee of the Westside Family YMCA since 1988. She is certified by the Aerobics and Fitness Association of America as an Aerobics Instructor, as well as a Personal Trainer. Rachel is inspiring and motivating and knows how to guide you in making the appropriate exercise choices. She has extensive experience teaching people with arthritis as well as people diagnosed with Parkinson's disease.

## ***Mission Statement of the Westside Family YMCA***

The Westside Family YMCA is an organization founded on Christian principles. As a branch of the YMCA of Metropolitan Los Angeles, the Westside Family YMCA is an association of persons of all ages, ethnic groups and religious affiliations who are united in a common effort to enrich the quality of spiritual, mental, physical and social life in our families, our community and ourselves.

## ***The Westwood Village Rotary Club Rotary's Motto: "Service Above Self"***

"Rotary is an organization of business and professional persons united worldwide who provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace in the world".

### **Westside Family YMCA**

11311 La Grange Avenue Los Angeles, California 90025  
Phone (310) 477-1511 Fax (310) 575-0271



# P.L.L.U.S.

# YMCA



**Y** *We build strong kids,  
strong families,  
strong communities.*

## **"Life In Spite of Pills"**

**Developed in Partnership with the  
Westwood Village Rotary Club and the  
Westside Family YMCA**

## ***The P.L.L.U.S. Program***

The P.L.L.U.S. (Parkinsonians Learning Lifelong Useful Skills) Program first began in 1996 as a project of the Westwood Village Rotary Club and the Westside Family YMCA. The main goal of the program is to maximize flexibility, posture and functional mobility in participants with Parkinson's disease. A bimonthly support group is also provided to help meet the emotional needs of the participants.

## ***The P.L.L.U.S. Fitness Class Involves:***

- A combination of warm-up exercises and joint flexibility movements.
- Cardiovascular segment consists of walking or jogging, as well as optional strength or flexibility exercises to keep you exercising at your own pace.
- Strength training exercises for the upper and lower body. All exercises may be done standing or lying down.

Flexibility exercises for all major muscle groups to relax your mind and body.

**If transportation is a problem,  
We have the answer:**

### **RIDEINFO**

*is a referral service that matches individual's transportation needs.*

**Call: 1-800-431-7882**

### **ACCESS SERVICES**

*can be reached at:*

**1-800-883-1295**

## ***State of the Art Facilities***

- Indoor 25 yard pool
- 3 Strength Training Centers
- Conditioning Center with rowing machines, programmable bikes, stair climbers and treadmills
- Free weight area with Icarian Multistation and Olympic weights
- Basketball, Volleyball and Racquetball courts
- Adult Fitness, dance and Yoga classes
- Separate adult and youth locker rooms with sauna, steam rooms and whirlpools

## **How to Join the P.L.L.U.S. Program**

The program is free to all YMCA members. For membership, class information, or subscription to our quarterly newsletter, please call our membership office at

**(310) 477-1511**

[www.pllus.org](http://www.pllus.org)

### **WESTSIDE FAMILY YMCA**

11311 La Grange Ave. Los Angeles 90025

### **CLASS SCHEDULE**

**-In the Gym-**

**Monday, Wednesday and Friday**

**11:15 – 12:15 p.m.**

**Support Group 12:15-1:15p.m.**

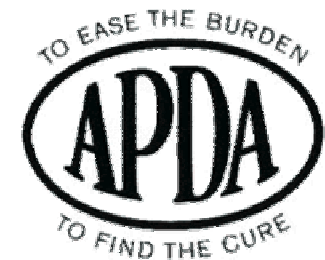
**Wednesdays, bi-monthly**

## ***YMCA Membership Privileges Include:***

- Complete use of entire facility
- Participation in exercise classes including water fitness classes and P.L.L.U.S. program
- Variety of aerobic classes including easy fitness, step, body sculpt, low impact, pilates and stretch
- Individual fitness assessments
- Lap and recreational swimming
- Free towel service
- Basketball, Racquetball, Handball and Volleyball
- Guest use of other Metropolitan Los Angeles YMCA facilities

## ***Financial Assistance Policy:***

It is the policy of the Westside Family YMCA that no qualified person be denied participation due to the inability to pay. Financial assistance is funded through contributions to the YMCA's Community Support Campaign.



The American Parkinson Disease Association, Inc.