



HOW TO SIGN UP

If you decide to participate, or have questions, please call for an evaluation appointment.

Janet Readinger, PT, DPT
Physical Therapy Department

Phone: 215.572.2144
Fax: 215.517.2345
Email: readingj@arcadia.edu
arcadia.edu/StayFitExercise

Ask your physician for a statement that you are cleared to exercise. This can be faxed to 215.517.2345 to the attention of Janet Readinger.

Payment can be made when you start the class.

Stay Fit



★ Stay Fit Program is located at the back entrance of Oak Summit. Enter via Limekiln Pike.

741 Limekiln Pike
Glenside, PA 19038



Scan QR code for more information about Stay Fit.



The Stay Fit program is supported in part through funding from The Parkinson Council.

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450 S. Easton Rd. Glenside, PA 19038

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The Dan Aaron Stay Fit Exercise Program



For individuals with Parkinson Disease or Multiple Sclerosis

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WHAT IS “STAY FIT?”

The Arcadia University Department of Physical Therapy offers a group exercise program for individuals with Parkinson Disease or Multiple Sclerosis.

The Stay Fit program is designed for those individuals who desire to exercise and keep active, but cannot go to a regular gym because of slowness, stiffness, difficulty with balance, or other safety issues. We can accommodate most levels of ability.

Participants exercise in a group under the direction of student physical therapists, directly supervised by physical therapists with experience in the treatment of persons with neurologic disease.



PROGRAM FORMAT

One hour of exercise twice a week:

- Seated warm-up mobility exercises to music
- Strengthening for upper and lower extremities using hand weights and exercise tubing
- Cycling on recumbent bikes with back support
- Assisted stretching techniques
- Standing balance practice

All participants are required to provide an initial note from a physician which provides approval to participate in the group exercise class and a yearly renewal note thereafter. An individual evaluation by the director of the program is required to determine the appropriate level of exercise before entry into the group class.

The Stay Fit program will not replace specific physical therapy when needed and is not reimbursable as physical therapy.



CLASS TIMES

In-Person: Tuesdays and Thursdays
1:30–2:30 pm or 3:00–4:00 pm
Cost \$5 per class attended each semester

Virtual: Tuesdays and Thursdays:
11:30 am–12:30 pm
Cost \$60 per semester

*Fall Semester runs September–December
*Spring Semester runs Jan/February – May
*Summer Semester runs June–August

Checks should be made payable to:
Arcadia University – Stay Fit
Stay Fit is not reimbursable as physical therapy.

Stay Fit follows University policies regarding Covid-19 protocols.

LOCATION

Arcadia University
Oak Summit – Lower Level, Rear Entrance
741 Limekiln Pike
Glenside, PA 19038

See map on reverse for details.

ACCESSIBILITY

The wheelchair-accessible level entrance has automatic doors. Assistance is available from physical therapists or physical therapist students as needed.