

Leah Halloran Fitness

Specializing in Parkinson's Exercise Classes!!!

Leah Halloran Fitness LLC

B.S. in Movement Science with a concentration in Exercise Science and a minor in Gerontology from Westfield State University, Yoga Reach Adaptive Therapeutic Yoga Certified, Brian Grant Foundation Exercise Certification, American Parkinson Disease Association Fitness Certification & Years experience working with clients who have P.D.

GROUP EXERCISE CLASSES:

Classes include: Boxing/Shadow

Boxing, Resistance Training, and Adaptive Yoga

In Person: Holden MA: Mon 10am + Fri 10am

Southampton MA :Tues 10AM & 11:15 am + Thurs 10AM & 11:15am

Virtual: Mon 12 pm + Wed 11am + Fri 12pm

Questions/Sign Up Email:

leahhalloran@leahhalloranfitness.com

Facebook: @leahhalloranfitness