



Ace CARE
COMMUNITY ACTION THROUGH
REHABILITATION AND EDUCATION

ACERCISE

GROUP EXERCISE PROGRAM

ACercise is a group exercise program designed for individuals with neurologic conditions. Diagnoses may include Parkinson's disease, stroke, spinal cord injury, traumatic brain injury, etc. Individuals are required to have a physician's release in order to participate.

Sessions focus on endurance, strength, balance, and walking. ACercise is led by University of Evansville Doctor of Physical Therapy students. Participants are paired with students to provide more individualized exercises based on personal abilities and goals.

ACercise is a great way to stay active in a safe and fun environment! Please contact us for more information.



Sessions:
Tuesday's and
Thursday's
5-5:50 pm & 6-6:50 pm

Fall and Spring

Location:
University of
Evansville's campus

Contact us:

Phone: 812-459-8394

Email: acercise@gmail.com

Mailing Address:
515 Bob Jones Way
Evansville, IN 47712
Attn: ACercise

Fax: 833-345-3918

Website:
www.evansville.edu/majors/physicaltherapy/acecare.cfm

Facebook: [acecareue](https://www.facebook.com/acecareue)

Instagram: [@acecareue](https://www.instagram.com/acecareue)