

# *Ann Beauregard- Trainer*

Beat Parkinson's Today



Teaches BEAT PD TODAY classes in Marlborough.

## **Credentials:**

ACE, CPT since 1994. Ann teaches many different kinds of classes including senior fitness, strength training, pilates, yoga, senior yoga and chair yoga.



## **Quote:**

"I am very inspired by my clients."

Behind the scenes: "I notice that physically, there are often additional challenges for my PD clients. But, their goals are much more specific - these men and women work so hard to beat their symptoms and the progression of their disease. I find them incredibly motivating."

## **Did you know:**

Ann has a passion and a focus for posture and core strength. This is always her main focus in every class she teaches.

## **One more thing....**

Ann is one of the most organized people you will ever meet!!!!