



Our Parkinson's Dance class is a fun way to incorporate movement into your day. The benefits include improved gait, balance, and cognitive function. This class is taught by a Certified Dance for PD Instructor, Pamela Scherer Hin.

Parkinson's Dance

**Classes Held at Callan-Harris Physical Therapy (CHPT)
1328 University Ave, Rochester.**

- ▶ Classes are modified for all fitness levels
- ▶ Spouses/loved ones are encouraged to participate

▶ **Class time:**
Tuesdays and Fridays
10:45 AM - 12 pm

Pricing
Individual: \$18 per Class
10 pk package: \$155
Monthly Unlimited: \$139

Initial Evaluation Required to participate in this class.



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www.wellness360fitness.com