

▶ 360 Fitness

This class focuses on circuit style training with emphasis on building total body, functional strength. Circuits include drills to increase core strength, improve posture and challenge your balance. This class is open to anyone and requires a baseline evaluation prior to participation.

Beginner & Intermediate Classes available

▶ Parkinson's Dance

This class will make you move! The dance moves in this class are from all different genres. The moves are simple and straightforward and most importantly, FUN! Music has the power to help unlock stiff joints and muscles and get frozen feet movin and groovin. Caregivers of our clients with Parkinson's are welcome to participate.

▶ Intentional Communication Through the Arts

Integrating speech and voice with self-expression through the arts. This class aims to improve speech clarity, volume, and expression through integration of traditional speech therapy and performing arts basics. We will target individual goals while implementing fun and new experiences in a community setting. Come join us to break down communication barriers, socialize, and build confidence in your ability to clearly and intentionally communicate.

▶ Parkinson's Cycle

This class is designed to make you sweat! We use intervals with varying speeds, times and resistance levels. Participants are encouraged to work at a pace that maximizes the effort and intensity of movement. In the studio you have the option of joining us on a spin bike. You can use any piece of cardio equipment at home and join us on zoom.

▶ Wellness + Video On Demand

Video on demand allows the user to create a personal work-out program from pre-recorded videos. You can access these videos at any time and have unlimited views.

▶ Yoga

Class will be a mix of stretching, strengthening, breath and rest; you'll leave feeling centered and relaxed. No yoga experience is required; come with an open mind!

▶ Rock Steady Boxing Rochester and Webster

Boxing class will focus on slowing the progression of Parkinson's disease symptoms. The class focus changes weekly to address the complicated motor and non-motor symptoms of Parkinson's. Improve your balance, strength, posture, and coordination through boxing! No boxing experience is required! Class requires a diagnosis of Parkinson's and an evaluation prior to participating.

Level 1/2 is our more advanced, faster-paced class.

You will maximize the intensity of the workout at this level.

Level 3/4 is a similar workout to the higher level class with more time to transition between exercises. Greater fall precautions are taken at this level, to maximize safety.