

## ▶ \*360 Fitness

This class focuses on circuit-style training, with an emphasis on building total-body functional strength. Circuits include drills to increase core strength, improve posture, and challenge balance. This class is open to anyone.

\*Beginner & Intermediate Classes available\*

## ▶ Fine Motor Skills

A diagnosis of Parkinson's disease can increase the difficulty of fine motor skills. This class will focus on improving hand dexterity, strength, and coordination. Each month, we will tackle a specific task and send you home with ideas for practice.

## ▶ \*Rock Steady Boxing Rochester and Webster

Boxing class focuses on slowing the symptoms of Parkinson's disease progression. The class works on 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.

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

**\*Initial Evaluation Required**

## ▶ \*Parkinson's Dance

This class will make you move! 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 moving and grooving. Caregivers of our clients with Parkinson's are welcome to participate.

## ▶ \*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.

## ▶ 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! We offer both floor and chair massage. Floor yoga at our Webster Clinic location.

Chair yoga at the Webster Recreational Center (55+ program)

## ▶ 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.