



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

**Initial Evaluation Required to participate in this class.**

▶ Class time:

▶ Tuesdays at 12:30pm

▶ Friday's at 10:45 AM

### Pricing:

Individual: \$18 per Class

10 pk package: \$155

Monthly Unlimited: \$139



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[www.wellness360fitness.com](http://www.wellness360fitness.com)