


# Parkinson's Exercise Class

Classes start monthly



 **Tuesdays and Thursdays  
12:30–1:30 p.m.**

**Cleveland Clinic Lou Ruvo  
Center for Brain Health**  
888 W. Bonneville Avenue  
Las Vegas, NV 89106

**Call:** 702.483.6000 to  
reserve your place in the class.  
Please have your credit card  
available for payment.

**Cost:** \$80 a month  
(covers exercise twice  
a week for a month)

**Participants must be Cleveland Clinic Lou Ruvo Center for Brain Health patients who have been diagnosed with Parkinson's disease. They must:**

- Sign a liability release form
- Be capable of getting up from an armless chair without staff assistance\*
- Be able to walk without staff assistance (*use of a personal assistive device is ok*)\*

*\*Must bring a personal caregiver if the participant needs assistance performing exercises safely, using the restroom, getting up from an armless chair or walking. Physical therapists, who will be leading the class, will not be able to provide individual assistance.*

## **What will the class include?**

Participants will exercise while standing and will receive instruction from a Cleveland Clinic Physical Therapist in:

- High Amplitude (large movements)
- High Effort (continuous activity for 50-60 minutes)
- Rhythmic movements (repeated to increase participants' opportunity to perform movements correctly)
- Boxing
- Stretching