



Explore the World of Movement...

This adaptive class has been developed by dance and exercise professionals specifically for people with Parkinson's disease. Have fun and "feel the beat" while improving your balance, flexibility, mobility and walking gait while having fun with music.

Prior dance experience and partners NOT required.

Afternoon Dates & Location

Starts June 25, 2010

Fridays, 2:00 - 3:15pm

Jewish Community Center
6255 N. Santa Monica Blvd.
Whitefish Bay, WI

Registration

Please register by June 22, 2010.

Purchase a package of 12 classes and bring a partner for half off the price of a second package of 12 classes.

12 classes - \$120.00

6 classes - \$70.00

Drop In - \$15.00

To register, please contact Dee Schwaiger at (262) 241-3822, ext. 1 or exstudio@sbcglobal.net or mail the following form to:

THE
EXERCISE
STUDIO



10624 N. Port Washington Road
Mequon, WI 53092

Name _____

Address _____

Phone _____ Email _____

Moving and Grooving Dates: Fridays, start June 25, 2010, 2:00-3:15pm

Please make checks payable to The Exercise Studio.