



# SUNSHINE COAST Parkinson's Exercise Centre

## Initial Consultation and Assessment (1 hour)

Initial Consultation, assessment and report to both your Neurologist and GP. The result of this comprehensive assessment will enable us to get to know you, provide us with an overview of your current level of fitness and most importantly enable us to develop an exercise program just perfect for you.

**\$190.00**

## PD+ Focus - Individual Session (30 minutes)

These sessions offer a complete personalised care experience. Each session is tailored specifically to your unique symptoms, goals and stage of Parkinsons disease and provides the opportunity to delve deeper into the targeted exercises and rehabilitation strategies you need. This is ideal for anyone seeking a private, intensive approach to their Parkinsons wellness journey.

**\$75**

## PD+ Thrive Class (60 minutes)

This class provides a variety of activities to encourage the brain to develop new neural pathways. There are cardiovascular, cognitive, strength and balance training activities in each class and the exercise circuit changes every week, so you never get bored.

**\$40**

## PD+ Boxing Class (60 minutes)

This is our 60 minute boxing class that includes various boxing-inspired exercises, drills and movements all tailored to address Parkinsons symptoms. This class includes footwork, punching and agility training. All equipment is included

**\$40**

## PD+ SitStrong Class (60 minutes)

This class is for those who are feeling more confident performing exercises in a seated position. It is a full body and brain workout with loads of FUN in-between. This class is ideal for people who are just returning to exercise after an extended break or those who have never exercised before.

**\$40**

## PD+ Wellness Program (8 x 45 minutes)

This program includes 8 weeks of exercise, education and a copy of your own PD+ booklet to use between your classes. This program is ideal for someone who has been diagnosed within the last 5 years

**\$360.00**

**\*\*As your continued improvement is important to us, you will receive a free, full and comprehensive reassessment every six months to monitor your progress.\*\***