

**Supplementary Table 3.** Comparison of clinical outcomes between low-attendance vs. high-attendance participants

	Attendance < 50% (n = 22)	Attendance ≥ 50% (n = 34)	p value
ΔHADS-A	-17.3 ± 50.9	-6.8 ± 92.2	0.681
ΔHADS-D	-20.0 ± 31.5	-12.4 ± 167.6	0.858
ΔUPDRS part III	-7.0 ± 44.5	-24.3 ± 34.8	0.127
ΔUPDRS total	21.0 ± 88.8	-16.6 ± 36.2	0.038
ΔH&Y stage	0.0 ± 0.0	-6.3 ± 50.3	0.488
ΔPFS-16	-8.6 ± 15.3	-2.9 ± 38.7	0.532

Values are presented as mean ± standard deviation. Changes in clinical scales were expressed as “Δ (name of the scale)” (e.g., ΔHADS-A) and were defined as “(post-exercise scale – pre-exercise value)/pre-exercise (%)”.

HADS-A, Hospital Anxiety and Depression Scale-anxiety; HADS-D, Hospital Anxiety and Depression Scale-depression; UPDRS, Unified Parkinson’s Disease Rating Scale; H&Y, Hoehn and Yahr; PFS-16, Parkinson’s Disease Fatigue Scale.