



**PARKINSON**  
FOUNDATION

Western  
Pennsylvania

## **Western Pennsylvania Parkinson's Exercise and Activities Network (PEAN)**

**"If you have Parkinson's disease, exercise is even more important (than for those without)."**

- National Parkinson Foundation

**"Exercise is a realistic and practical way to fight Parkinson's disease."**

- American Parkinson Disease Association

**"Exercise is as important as medication for the management of Parkinson's disease."**

- Parkinson Disease Foundation

Recent studies continue stress the necessity for regular exercise in managing the symptoms of Parkinson's disease. In addition to enhancing physical abilities, exercise improves cognitive functions, overall mood, a sense of well-being, and it helps decrease depression. For most people with Parkinson's disease, exercise is an important tool for managing the disease.

Participating in PEAN classes is a great way to help people overcome some of the most common excuses for not exercising such as "I don't know how to get started," "Exercise is boring or too hard," and "Exercise leaders don't understand people with Parkinson's disease." All the programs and classes in the Parkinson's Exercise and Activities Network provide a welcoming place to participate in professionally led classes, tailored to the needs of people with Parkinson's disease. Leaders and fellow participants provide the motivation and accountability that are critical to establishing and maintaining healthy new habits. The classes also provide a good venue for sharing information, experiences, and emotional support.

Have you been thinking about exercise but aren't quite sure how to start? Would you benefit from a dynamic group class to keep you motivated and continuing? Check out the various programs throughout the region. Locations and times are convenient with sites in communities around the region. All facilities are handicap accessible. Leaders are knowledgeable, energetic, and helpful. And best of all, classes are fun!

**Check back with Parkinson Foundation Western PA regularly! New classes, programs, locations and participating organizations are being added all of the time.**

***412-837-2542 or [info@pfpwa.org](mailto:info@pfpwa.org)***

# Parkinson's Exercise Programs in Western PA

## *GZ Sobol Parkinson's Network – Foundations Class*

GZSPN® Foundation class was created to help PWP improve their quality of life by restoring lost functions. It uses exercises that have been proven to help handwriting, gait, walking, rigidity, balance, posture etc. One of the keys to its success is to continuously raise the bar by progressing with more reps, holding pose's longer, moving to more advanced challenges etc.

## *Delay The Disease™*

Ohio Health Delay the Disease™ is a fitness program designed to empower people with Parkinson's disease (PD) by targeting their symptoms and optimizing their physical function. This Parkinson's specific fitness program is designed to proactively minimize tremors and improve flexibility, stability, balance and strength. Classes include exercises to improve activities of daily living, like getting out of bed, getting off the floor, getting out of the car, getting out of the chair, dressing, freezing, posture, rigidity, moving about in crowds, and more.

## *Dance for Parkinson's*

Dance for Parkinson's is modeled after Dance for PD®, a renowned program which is gaining popularity and support throughout the world. The program offers specialized dance classes accompanied for people with Parkinson's, their caregivers, family members and friends. Professional teaching artists from Pittsburgh Ballet Theatre integrate movement from modern, ballet, tap, folk and social dancing to engage participants' minds and bodies and create an enjoyable, social environment for artistic exploration. Dance for Parkinson's is appropriate for anyone with PD, no matter how advanced. No dance experience is required.

## *Rock Steady Boxing*

People with Parkinson's disease can enhance their daily quality of life and even build impressive power, strength, flexibility and speed! By exercising with Coaches who know the ropes, you can fight your way out of the corner and start to feel and function better. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life.

## *PWR!*

Dr. Becky Farley, PhD created Parkinson's Wellness Recovery! (PWR!) as the evolution of her original LSVT BIG® physical therapy program. Exercise moves performed in this class are the building blocks for everyday movement and are performed with large amplitude, high effort, and attention to action in multiple postures. You will learn how to use these functional PWR! Moves exercises to target each symptom that interferes with your everyday movement.

## *Parkinson's Wellness Program*

This exercise program is a chair-based class which means the exercises are done (or can be modified to be done) from a seated position. Exercises include aerobic and resistance or strength training, stretching, balance, facial and voice exercises. The program is designed to challenge each participant without being overwhelming. These classes are most beneficial for those with moderate to severe symptoms and who have difficulty with balance and/or walking.

## *Pedaling For Parkinson's*

This fast cadence (high revolutions per minute) indoor spinning class is based on the exercise research results that Dr. Jay Alberts, PhD has conducted at the Cleveland Clinic.



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## Parkinson Exercise and Activities Network

### *Delay The Disease®*

#### Bellevue

Monday/Wednesday/Friday

10:30 am – 11:30 am

#### **Parkinson Foundation Western PA**

575 Lincoln Ave., Suite 101

Pittsburgh, PA 15202

412-837-2542

Susan Buhr, Exercise Leader

#### Sewickley

Tuesday/Thursday, 11:00 am – 12:00 pm

#### **Sewickley Valley YMCA**

625 Blackburn Rd.

Sewickley, PA 15143

412-741-9622 x 121

Adriane Stoner

#### South Hills

Tuesday/Thursday, 2:00 – 3:00 pm

#### **Westminster Presbyterian Church**

2040 Washington Rd.

Upper St Clair, PA 15241

For info: 412-835-6630 x 200

Kathy Long

Wednesday, 2:00 – 3:00 pm

#### **Cool Springs Sports Complex**

1530 Hamilton Rd.

Bethel Park, PA 15234

412-215-2391

Jeannine Hartman, Leader

Wednesday, 4:30 – 5:30 pm

#### **Jefferson Hills Healthcare and Rehab Center**

448 Old Clairton Rd.

Jefferson Hills, PA 15025

412-532-2721

Ruth Medwig and Sylvia DiSimone

#### Wexford

Monday/Wednesday 1:00 - 2:00 pm

#### **Pine Community Center**

100 Pine Park Dr.

Wexford, PA 15090

Tess Osborne

724-625-1636 x 160

#### Plum Boro

Thursday, 2:00 – 3:00 pm

#### **Sampson Family YMCA**

2200 Golden Mile Highway

Pittsburgh, PA 15239

724-327-4667

Coleen Bortz, Leader

#### Harmarville

Tuesday/Thursday, 1:00 – 2:00 pm

#### **Encompass Health Harmarville**

320 Guys Run Rd.

Pittsburgh, PA 15238

Casey Rodak

412-826-2739

casey.rodak@encompasshealth.com

\*Please call prior to participating

#### Beaver

Thursday, 11:00 am – 12:00 pm

#### **Balance Health and Fitness**

Center at the Mall - Beaver Valley Mall

570 Beaver Valley Mall Rt. 18

Monaca, PA 15061

412-607-3544

Duane Hardek

#### Aliquippa

Thursday, 3:30 – 4:30 pm

#### **Beaver Elder Care and Rehab Center**

616 Golf Course Rd.

Aliquippa, PA 15007

724-375-0345 x 109

Updated January 2019

575 Lincoln Ave, Bellevue, PA 15202

Phone: 412-837-2542 Fax: 412-415-1275

Website: [www.pfwpa.org](http://www.pfwpa.org)

Cranberry

Wednesday/Friday, 1:00 – 2:00 pm  
**Rose Schneider Family YMCA**  
2001 Ehrman Rd.  
Cranberry Twp., PA 16066  
724-452-9122 x 226  
Kathy Hensler

Butler

Monday/Friday 2:30 – 3:30 pm  
**Butler YMCA**  
339 N Washington St.  
Butler, PA 16001  
724-287-4733  
Aaron Hochmann

Meadville

Monday, 10:30 – 11:30 am  
**Wesbury Retirement Community**  
31 N. Park Ave.  
Meadville, PA 16335  
Greg Brink, 877-937-2879

Mercer

Monday/Wednesday/Thursday  
4:00 – 5:00 pm – *Advanced Class*  
Monday/Wednesday/Friday  
10:00 – 11:00 am – *Intermediate Class*  
11:00 am – 12:00 pm – *Beginners' Class*  
**Cool Springs Fitness**  
1051 East Cornell Rd.  
Mercer, PA 16137  
Carol Giangjordano, Leader, 724-662-1910

Indiana

Wednesday, 2:00 – 3:00 pm  
**Scenery Hill Manor (June – October)**  
680 Lions Health Camp Rd., Indiana, PA  
**Or Indiana YMCA (November – May)**  
60 N. Ben Franklin Rd., Indiana, PA  
724-471-7187  
Lindsey Sawyer or Mary Guignet  
\*Location varies per season – please call ahead

Kittanning

Monday/Wednesday 2:15 – 3:00 pm  
and 3:15 – 4:00 pm (two different levels)  
**Richard G Snyder YMCA**  
1150 N Water St.  
Kittanning, PA 16201  
724-545-9622  
Robin Bowser and Carrie Burt

Sharon

Monday/Wednesday/Friday  
10:30 – 11:30 am  
**Buhl Community Recreation Center**  
28 Pine St  
Sharon, PA 16146  
724-981-3700 x 105  
Vicki Vargo

Brockway

Tuesday, 3:30 – 4:30 pm  
**Highland View Healthcare and Rehab Center**  
90 Main St.  
Brockway, PA 15824  
814-265-8265  
Jessica Schuckers and Tera Painter

Punxsutawney

Thursday, 3:00 – 4:00 pm  
**Mulberry Square**  
411 West Mahoning St.  
Punxsutawney, PA 15767  
814-938-1176  
MeriBeth Hetrick

Smethport

Tuesday, 2:30 – 3:30 pm  
**Lakeview Healthcare and Rehabilitation Center**  
15 West Willow St.  
Smethport, PA 16749  
814-887-5716  
Jeremy Stiles

Tyrone

Monday, 4:00 – 5:00 pm  
**Epsworth Manor**  
951 Washington Ave.  
Tyrone, PA 16686  
814-684-0320 x 2543, Kent Long

Wellsboro

Wednesday, 3:30 – 4:30 pm  
**Carleton Healthcare and Rehabilitation Center**  
10 West Ave.  
Wellsboro, PA 16901  
570-724-2631  
Keith Benjamin

Wheeling, WV  
Wednesday, 4:30 – 5:30 pm  
**Peterson Rehabilitation and Geriatric Center**  
20 Homestead Ave.  
Wheeling, WV 26003  
304-234-0563  
Betsy Myers

Grove City  
**Grove City YMCA**  
543 East Main Street Ext.  
Grove City, PA 16127  
Call Shelby Conn for scheduling: 724-458-9781

### *GZ Sobol's Foundations® Classes*

Bellevue  
Monday, 10:15 – 11:15 am  
**North Boroughs YMCA**  
629 Lincoln Ave.  
Bellevue, PA 15202  
412-761-1227  
Jean Philpott

Delmont  
Tuesday, 11:30 am – 12:30 pm  
**Fitness 1440**  
100 Center Ice Drive  
Delmont, PA 15626  
724-461-7124  
Jamie Sibik

Greensburg  
Monday/Thursday 1:15 – 2:15 pm  
**The Aerobic Center at Lynch Field**  
526 New Alexandria Road  
Greensburg, PA 15601  
724-834-2153  
Marianne Anzovino

Penn Hills  
Tuesday/Thursday 1:00 – 2:30 pm  
**Penn Hills Senior Center**  
147 Jefferson Rd  
Penn Hills, PA 15235  
412-244-3400  
Karen McCue

Plum Borough  
Monday/Wednesday/Friday  
10:30 – 11:30 am  
**Sampson Family YMCA**  
2200 Golden Mile Highway  
Pittsburgh, PA 15239  
724-327-4667: Coleen Bortz, Leader

### *Rock Steady Boxing®*

Allison Park  
**Fit 4 Boxing Club**  
4706 William Flynn Highway (Route 8)  
Allison Park, PA 15101  
412-213-3584  
Rich Mushinsky & Brett Burkhart, Trainers

Murrysville  
**Murrysville Boxing Club**  
5549 Old William Penn Highway  
Murrysville, PA 15632  
724-575-7486  
Brett Burkhart

Wexford  
Tuesday/Thursday 11:15 – 12:30  
**Oxford Athletic Club**  
100 Village Club Dr., Wexford, PA 15090  
412-585-6261  
Maria Berexa & Kathy Gonano, Certified Trainers

North Versailles  
Monday/Wednesday/Thursday/Friday  
10:30-Noon  
**USS Fight Academy**  
1712 Lincoln Highway  
North Versailles, PA 15137  
412-609-1681  
Livvy Cunningham, Certified Trainer

Johnstown  
**Fitness Weights and Aerobics Gym**  
200 Lincoln St., Johnstown, PA 15901  
814-539-0164  
Donnie Roebuck, Certified Trainer

Fairmont  
**North Central WV**  
6603 Beverly Pike  
Fairmont, WV 26554  
304-365-0942

### Weirton

Monday/Wednesday 12:30 – 1:30  
**Weirton Millsop Community Center**  
3420 Main St., Weirton, WV 26062  
304-797-5721  
Holley Faulkner, Jr, Certified Trainer

## *Other Boxing for Parkinson's Programs*

### Carnegie

**Helping Overcome Parkinson's Everyday (H.O.P.E)**  
**Wolfpack Boxing Club**  
1000 Gregg St., Carnegie, PA 15106  
412-335-2419  
Jeff Mucci and Marta Phelps, Certified Trainers

### Morgantown

**Pro Performance**  
308 Cheat Rd., Morgantown, WV 26058  
304-365-0942  
Jim Salai, Certified Trainer

## *PWR!Moves™*

### Ligonier

Monday, 1:00 – 2:00 pm  
**Graceful Aging Wellness Center**  
135 Kalassay Drive  
Ligonier, PA 15658  
724-238-2142

### Mt Lebanon

Tuesday/Thursday, 1:00 – 2:00 pm  
**Jewish Community Center**  
345 Kane Boulevard  
Pittsburgh, PA 15243  
412-278-1975  
Steve Manns

### Squirrel Hill

Monday/Thursday, 11:00 am - 12:00 pm  
**Jewish Community Center**  
5738 Forbes Ave  
Pittsburgh, PA 1521  
412-339-5419  
Marsha Mullen

## *Pedaling for Parkinson's*

### Sewickley

Friday, 10:15 – 11:00 am  
**Sewickley Valley YMCA**  
625 Blackburn Rd.  
Sewickley, PA 15143  
412-741-9622 x 121  
Adriane Stoner

### Uniontown

Monday/Wednesday/Friday  
11:30 am – 12:30 pm  
**Uniontown Area YMCA**  
One YMCA Drive  
Uniontown, PA 15401  
724-438-2584  
Pam George

## *Parkinson's Wellness Program*

### Scott Township

Tuesday/Thursday, 1:30 – 2:30 pm  
**Sterling Yoga & Wellness Center**  
393 Vanadium Road, Suite 201  
Pittsburgh, PA 15243  
412-260-0533: Sterling Painton

## *Dance for Parkinson's©*

### Pittsburgh Strip District

Monday, 2:30 – 3:30 pm  
**Pittsburgh Ballet Theatre**  
2900 Liberty Ave., Pittsburgh, PA 15201  
412-454-9109: Dennis Robinson

## *Yoga*

### Aspinwall

Chair Yoga (for neurodegenerative disorders)  
Friday, 5:30 – 6:30 pm  
Therapeutic Yoga  
Saturday, 8:30 – 9:45 am  
**Green Yoga**  
209 Commercial Ave., Suite A  
Aspinwall, PA 15215  
412-632-4013: Jackie Thomas, DPT, PYTc

Bellevue

Friday, 1:00 – 2:00 pm

**Parkinson Foundation Western PA**

575 Lincoln Ave., Suite 101

Bellevue, PA 15202

734-776-3158:

Laura Mastrococco, Yoga Instructor

Scott Township

Monday - Friday 11:30 am – 12:30 pm

**Sterling Yoga & Wellness Center**

393 Vanadium Road, Suite 201

Pittsburgh, PA 15243

412-260-0533

Sterling Painton, Yoga Instructor

Wexford

Brain Health Yoga

Monday/Thursday 2:00 – 3:00 pm

**Oxford Athletic Club**

100 Village Club Dr., Wexford, PA 15090

724-933-1911

Walt Gasorowski, Yoga Instructor