

## Parkinson's Exercise Classes in Western Pennsylvania

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

- Parkinson's 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 [cpeluso@pfpwa.org](mailto:cpeluso@pfpwa.org)***

# Parkinson's Exercise Classes in Western Pennsylvania

## *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 poses 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 Classes*

This exercise program is an eclectic mix of functional exercises designed to help someone manage their Parkinson's more effectively. Exercises include aerobic and resistance or strength training, stretching, balance, facial and voice exercises. The program is designed to challenge each participant without being overwhelmed. 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.

Classes highlighted in Green are meeting in person    Classes highlighted in Yellow are meeting virtually    Non highlighted – please call to check

Updated October 2023

575 Lincoln Ave, Bellevue, PA 15202

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

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

# Parkinson's Exercise Classes in Western Pennsylvania

## *New Seniors' Health and Wellness Classes*

### Pittsburgh Hill District

#### **Macedonia FACE-K. Leroy Irvis**

715 Mercer St, Pittsburgh, PA 15219

412-514-5603

Call Renee Robinson for details

### Pittsburgh East End

#### **Mt. Ararat Community Activity Center**

745 N Negley Ave, Pittsburgh, PA 15206

412-609-8627

Call Pasean Evans for details

## *Dance for Parkinson's®*

### Pittsburgh Strip District

#### **Pittsburgh Ballet Theatre (Live Virtual)**

2900 Liberty Ave., Pittsburgh, PA 15201

412-454-9105

Call Lindsey Kaine for details

### South Hills

#### **Phi Pilates Studio (Live Virtual)**

4510 Library Rd., Bethel Park, PA 15102

412-563-1807

Call Cassandra Ruby for details

## *Delay The Disease® (DTD)*

### Bellevue

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

Joy In Movement

603 Lincoln Avenue

Bellevue, PA 15202

412-837-1357

Susan Buhr, Exercise Leader

Monday/Wednesday/Friday

10:30 am - 11:30 am

### Sewickley

#### **Sewickley Valley YMCA**

625 Blackburn Rd.

Sewickley, PA 15143

412-741-9622 x 121

Adriane Stoner

Monday/Wednesday, 10:15 - 11:15 am

### South Hills

#### **Virtual Only**

412-215-2391

Jeannine Hartman

Balance focused class: Monday 1:00 - 2:00 pm

DTD class: Tuesday/Thursday 2:00 - 3:00 pm

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

1530 Hamilton Road

Bethel Park, PA 15234

412-215-2391

Jeannine Hartman, Leader

Wednesday, 2:00 pm

### Beaver

#### **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

Thursday, 11:00 am

### Mercer

#### **Cool Springs Fitness**

1051 East Cornell Rd.

Mercer, PA 16137

Carol Giangiardano, Leader, 724-662-1910

Monday/Wednesday/Thursday

4:00 - 5:00 pm (*Boot Camp ~ more aggressive*)

Monday/Wednesday/Friday

10:15 - 11:15 am

### Kittanning

#### **Richard G Snyder YMCA**

1150 N Water St.

Kittanning, PA 16201

724-545-9622

Hillary Brown

Friday: 2:00 pm

## *GZ Sobol's Foundations® Classes*

### Greensburg

#### **The Aerobic Center at Lynch Field**

526 New Alexandria Road

Greensburg, PA 15601

Monday/Wednesday, 1:15 pm

Contact Roman Carloni: 724-834-2153

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Penn Hills

**Penn Hills Senior Center**

147 Jefferson Road  
Penn Hills, PA 15235  
Thursday: 2:00 – 3:00pm  
To sign up, call Lena: 412-244-3405

Plum

**Plum Senior Center**

499 Center New Texas Rd  
Plum, PA 15239  
Monday/Wednesday: 11:30 am - 12:30 pm  
To sign up, call Sonja Apperson: 917-526-1285

*Parkinson's Wellness Classes*

Altoona

**George Ferris NeuroHOPE Center**

5930 6th Ave, Ste A  
Altoona, PA 16602  
814-515-1049  
Contact Stacy DuBois for details  
Parkinson's Boot Camp  
Monday, 3:00 – 4:00 pm  
Parkinson's Basic Training  
Wednesday, 11:00 am – 12:00 pm

Belle Vernon

**Mon Valley HealthPlex**

*Parkinson's Aqua Class*  
800 Plaza Dr., Belle Vernon, PA 15012  
724-379-2071  
Fallon Martin, Instructor  
Wednesday 12:00 – 1:00 pm

Butler

**Butler YMCA**

339 N Washington St., Butler, PA 16001  
724-287-4733 x 147  
Call Jake Taciuch for details  
Exercise for Parkinson's: Monday/Weds 12-1pm  
Parkinson's Walk: Friday: 12-1pm

Cranberry

**Rose Schneider Family YMCA**

Exercise for Parkinson's  
2001 Ehrman Rd.  
Cranberry Twp, PA 16066  
724-452-9122 x 226  
Kathy Hensler  
Friday 1:00 – 2:00 pm  
*Also offers other senior exercise classes appropriate for Parkinson's (ask Kathy)*

Greensburg

**Redstone Highlands**

6 Garden Center Dr. (Chapel)  
Greensburg, PA 15601  
724-832-8402 x 3390  
Call Jessica Glesk for details

Indiana

**YMCA of Indiana County**

60 N. Ben Franklin Rd.  
Indiana, PA 15701  
Move and Groove Class  
Dance Class with Music  
Contact Beth Ann Krug: 724-463-9622

New Brighton – NEW CLASS!

**Beaver County YMCA**

2236 3rd Avenue  
New Brighton, PA 15066  
Contact Duane Hardek: 412-607-3544  
Mind-Body Class (focused on cognitive skills)  
Tuesday: 11:00 am – 12:00 pm

New Brighton – NEW CLASS!

**Beaver County YMCA**

2236 3rd Avenue  
New Brighton, PA 15066  
Contact Duane Hardek: 412-607-3544  
Advanced PD Class  
Wednesday: 11:00 am – 12:00 pm

New Kensington – NEW CLASS!

**New Kensington YMCA**

800 Constitution Blvd  
New Kensington, PA 15068  
To register, contact the Welcome Center:  
724-335-9191  
Parkinson's Wellness Class  
Tuesday: 1:15 – 2:00 pm

North Huntingdon

**Redstone Highlands**

12921 Redstone Dr. (Chapel)  
North Huntingdon, PA 15642  
724-832-8402 x 3390  
Call Jessica Glesk for details

Sharon

**Buhl Community Recreation Center**

28 Pine St  
Sharon, PA 16146  
724-981-3700 x 106  
Krista Redick  
Parkinson's Mind, Body, Spirit  
Monday-Wednesday, 12:30 – 1:30 pm

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(except for 3<sup>rd</sup> Weds of the month; class meets from 11:45 am–12:45 pm due to support group)

#### Zelienople

##### **Passavant Community**

105 Burgess Dr  
Zelienople, PA 16063  
724-452-3456

Chad Ifft

People with Parkinson's

Monday/Wednesday/Friday 1:30 – 2:30 pm

#### *PWR!Moves™*

#### Belle Vernon

##### **Mon Valley HealthPlex**

800 Plaza Dr., Suite 100  
Belle Vernon, PA 15012  
Sean Boyles: 724-379-5100  
M-F 12:00 – 1:00pm

#### Fox Chapel Area

##### **Life In Motion Gym**

3735 Saxonburg Blvd  
Pittsburgh, PA 15238  
Shannon Mathis & Jackie McMurray  
[info@lifeinmotiongym.com](mailto:info@lifeinmotiongym.com)  
412-213-8524  
Thursday: 11:00 am – 12:00 pm

#### Greenfield

##### **To Life! Therapy & Wellness**

826 Hazelwood Ave  
Pittsburgh, PA 15217  
412-414-1988  
Jessica Neiss  
PWR! Moves & Circuit  
Monday & Friday: 11:00am

#### Scott Township

##### **Jewish Community Center**

345 Kane Boulevard  
Pittsburgh, PA 15243  
Steve Manns  
412-339-5411; [smanns@jccpgh.org](mailto:smanns@jccpgh.org)  
Thursday: 12:15 – 1:15 pm

#### Squirrel Hill

##### **Jewish Community Center**

5738 Forbes Ave  
Pittsburgh, PA 15217  
412-339-5415  
Marsha Mullen  
Monday/Thursday, 11:45 am

#### Washington

##### **WHS Wilfred R. Cameron Wellness Center**

240 Wellness Way  
Washington, PA 15301  
724-250-6209  
Marissa Watson  
Thursday: 11:00 am

#### *Pedaling for Parkinson's*

#### New Brighton

##### **Beaver County YMCA**

2236 3rd Avenue  
New Brighton, PA 15066  
724-891-8439 x 309  
Mandy DeFilippi  
Tuesday: 11:00 – 11:45 am

#### Sewickley

##### **Sewickley Valley YMCA**

625 Blackburn Rd.  
Sewickley, PA 15143  
412-741-9622 x 121  
Adriane Stoner  
Friday: 9:30 – 10:15 am

#### *Pickleball*

#### Beaver Falls

##### **Chippewa United Methodist Church Community Life Center**

18 McMillen Ave., Beaver Falls, PA 15010  
Contact Duane Hardek: 412-607-3544  
Tuesday: 11:00 am – 12:00 pm

#### Upper St Clair

##### **Westminster Presbyterian Church**

2040 Washington Rd  
Upper St Clair, PA 15241  
Contact Kathy Long to register  
412-835-6630 x 200 - or -  
[wroc.westminster-church.org](http://wroc.westminster-church.org)  
Pickleball for Parkinson's  
Thursday: 1:00 pm – 2:30 pm

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## 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

Monday – Thursday, 11:00 am

Saturday, 11:15 am

Murrysville

### Fit 4 Boxing Club

5549 Old William Penn Highway

Murrysville, PA 15632

Brett Burkhart: 724-575-7486

Monday – Thursday, 11:00 am

Weirton

### Weirton Millsop Community Center

3420 Main St., Weirton, WV 26062

Monday/Wednesday 12:30 – 1:30 pm

Contact Holley Faulkner: 304-797-5721

## Other Boxing for PD Programs

Carnegie

### Wolfpack Boxing Club

1000 Gregg St

Carnegie PA 15601

Help Overcome Parkinson's Everyday (HOPE)

Monday - Thursday 10-11:15 am

Contact Jeff Mucci: 412-335-1419

DuBois

### Turnabout Boxing

Chris the King Community Center

1100 West Long Avenue

DuBois, PA 15801

Parkinson's Boxing Class

Wednesday 4:30 – 5:30 pm

For more information, call Gregg: 814-290-7810

State College

### Victory Sports

178 Rolling Ridge Drive

State College, PA 16801

Contact Aarif Asif: 781-392-6620

Monday/Wednesday 10:30-11:30 am

Upper St Clair

### Westminster Presbyterian Church

PD 1 Workout – Keep Moving with Boxing:

Monday/Wednesday/Friday, 9:10 – 10:10 am

Monday/Wednesday, 10:10 – 11:10 am

PD 2 Workout - Keep Moving with Boxing

(w/assistance): Mon/Weds, 12:15 – 1:15 pm

2040 Washington Rd, Upper St Clair, PA 15241

Contact Kathy Long to register 412-835-6630 x 200 -

or – [wroc.westminster-church.org](http://wroc.westminster-church.org)

Instructor: Marta Phelps

## Tai Chi

Brookline

### Seton Center

1900 Pioneer Ave. Brookline

Call 1<sup>st</sup>/Blake Nieri: 412-344-4777

[blake@setoncenter.com](mailto:blake@setoncenter.com)

Tuesday 11:00 am (\$5/class)

(Only for higher functioning individuals w/PD)

Fox Chapel Area

### Life In Motion Gym

3735 Saxonburg Blvd

Pittsburgh, PA 15238

*Tai Chi with QiGong*

Shannon Mathis & Jackie McMurray

[info@lifeinmotiongym.com](mailto:info@lifeinmotiongym.com)

412-213-8524

Tuesday: 10:00 am – 11:00 am

Greenfield

### To Life! Therapy & Wellness

826 Hazelwood Ave

Pittsburgh, PA 15217

Jessica Neiss: 412-414-1988

Tuesday & Thursday, 11:00am

## Yoga/Wellness

Scott Township

### Sterling Yoga & Wellness Center

393 Vanadium Road, Suite 201

Pittsburgh, PA 15243

Sterling Painton: 412-260-0533

Yoga Chair Stretch: Tuesday, 11 - 11:45 am

Yoga, Balance and Coordination: Tuesday/Thursday

1:30 – 2:30 pm

Meditation (free): Sunday 11:15 – 11:45 am

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*These options are better for recently diagnosed:*

Restorative Yoga: Monday, 6:00 – 7:15 pm

Floor Stretch: Wednesday, 12:00 – 1:00pm

Restorative & Yoga Nidra (Virtual Only): Wednesday,  
7:30 – 8:30pm

Back Care Class: Thursday, 6:00 – 7:15 pm &  
Sunday, 12:00 – 1:15 pm

Chair Stretch: Friday, 12:00 – 1:00pm

Restorative Yoga: Sunday, 9:45 – 11:00 am

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