

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@pfpwpa.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 December 2023

850 Cranberry Woods Drive, Suite 2222, Cranberry Township, PA 16066

Phone: 412-837-2542

Website: 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

Tuesday/Thursday: 10:00 – 10:45 am

Pittsburgh East End

Mt. Ararat Community Activity Center

745 N Negley Ave, Pittsburgh, PA 15206
412-609-8627

Call Pasean Evans for details

Tuesday/Thursday: 12:00 – 12:45 pm

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

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

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 3rd 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

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

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

Brady's Run

121 Brady's Run Rd, Beaver Falls, PA 15010
Contact Duane Hardek: 412-607-3544

Tuesday: 9:00 – 11:00 am

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

Pickleball for Parkinson's

Thursday: 1:00 pm – 2:30 pm

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

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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 Street, 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
Instructor: Marta Phelps

Tai Chi

Brookline

Seton Center

1900 Pioneer Ave. Brookline

Call 1st/Blake Nieri: 412-344-4777

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 Tuesday: 10–11 am
Shannon Mathis & Jackie McMurray
info@lifeinmotiongym.com
412-213-8524

Greenfield

To Life! Therapy & Wellness

826 Hazelwood Ave
Pittsburgh, PA 15217
Jessica Neiss: 412-414-1988
Tuesday & Thursday: 11:00am

Yoga/Wellness

Greenfield

To Life! Therapy & Wellness

826 Hazelwood Ave
Pittsburgh, PA 15217
412-414-1988
Jessica Neiss
Parkinson's Yoga Class
Wednesday: 3:00pm

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

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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