



Perseverance. Grace. Purpose.

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 regularly.

412-837-2542 or cpeluso@pfwpa.org

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

Updated March 2024

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

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Parkinson's Exercise Classes in Western Pennsylvania

Cardio Drumming

Cardio Drumming is a whole-body exercise that involves drumming on large physio balls while maintaining rhythm to music. This is a moderate to high intensity workout that can be easily adapted to all fitness levels and done sitting or standing and modified based on the individual's comfort and response to the activity. This is a fun, exciting program that involves music, dancing, and socializing.

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.

Delay The Disease

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.

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.

Parkinson's Wellness Classes including Tai Chi and Yoga

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.

Pickleball for Parkinson's

Pickleball is a great sport for those living with Parkinson's. It is a low-impact sport that helps keep you mobile and active, improves balance and hand-eye coordination, and is just plain fun! Pickleball combines the elements of tennis, badminton, and ping pong. Pickleball uses paddles, a small wiffle ball, a net, and a court.

PWR!Moves™

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.

Rock Steady Boxing™ and Boxing for Parkinson's Classes

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 lessen their symptoms and lead a healthier/happier life

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New Senior Mobility & Balance 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 Side

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

Pittsburgh East Side

Vintage Senior Center

421 N Highland Ave, Pittsburgh, PA 15206

412-609-8627

Call Pasean Evans for details

Wednesday/Friday: 1:00 – 1:45 pm

Cardio Drumming (New!)

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

Eric Horton, PT, DPT, Instructor

Tuesday: 2:45 pm – 3:45 pm

Dance for Parkinson's®

Pittsburgh Strip District

Pittsburgh Ballet Theatre (Live Virtual)

2900 Liberty Avenue

Pittsburgh, PA 15201

412-454-9105

Call Lindsey Kaine for details

Delay The Disease

Bellevue

Parkinson Foundation Western Pennsylvania

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

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 Giangordano, Leader, 724-662-1910

Monday/Wednesday/Thursday:

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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 Street, 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

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 122
Call Jake Taciuch for details

Exercise for Parkinson's: Monday/Weds 12-1pm
Parkinson's Basic: Tuesday: 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 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

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North Huntingdon

Redstone Highlands

12921 Redstone Dr (Chapel)
North Huntingdon, PA 15642
412-874-6453
Jessica Glesk
Thursday: 1:30 – 2:30 pm

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
(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

Parkinson's Wellness/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

Parkinson's Wellness/Yoga

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): Weds: 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

Pickleball

Beaver Falls

Brady's Run

121 Brady's Run Rd, Beaver Falls, PA 15010
Contact Duane Hardek: 412-607-3544
Pickleball for Parkinson's
Tuesday: 9:00 – 11:00 am

Butler

Butler YMCA

339 N Washington St., Butler, PA 16001
724-287-4733 x 122
Call Jake Taciuch for details
Pickleball for Parkinson's: Monday: 1:15-2:30pm

Upper St Clair

Westminster Presbyterian Church

2040 Washington Road, Upper St Clair, PA 15241
Contact Kathy Long to register
412-835-6630 x 200 - or -
wroc.westminster-church.org
Pickleball for Parkinson's: Thurs: 1:00 pm – 2:30 pm

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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

412-213-8524; info@lifeinmotiongym.com

Thursday: 11:00 am – 12:00 pm

Greenfield

To Life! Therapy & Wellness

826 Hazelwood Avenue, Pittsburgh, PA 15217

412-414-1988

Jessica Neiss

PWR! Moves & Circuit

Monday & Friday: 11:00am

Squirrel Hill

Jewish Community Center

5738 Forbes Avenue, 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

Rock Steady Boxing®

Allison Park

Fit 4 Boxing Club

4706 William Flynn Hwy, 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 Hwy

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

Butler

Butler YMCA

339 N Washington St., Butler, PA 16001

724-287-4733 x 122

Call Jake Taciuch for details

Knockout Parkinson's: Wednesday: 1:15-2pm

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

Marta Phelps, Instructor

PD 1 Workout – Keep Moving with Boxing:

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

Monday/Wednesday: 10:10 – 11:10 am

Marta Phelps, Instructor

PD 2 Workout - Keep Moving with Boxing

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

2040 Washington Road, Upper St Clair, PA 15241

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

or visit - wroc.westminster-church.org

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