

## 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 to 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 Parkinson's exercise 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 that PFWPA offers 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 in with Parkinson Foundation Western Pennsylvania regularly! New classes, programs, locations, and participating organizations are being added regularly.**

***412-837-2542 or [cpeluso@pfwpa.org](mailto:cpeluso@pfwpa.org)***

# 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

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

Updated May 2024

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

Phone: 412-837-2542

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

# Parkinson's Exercise Classes in Western Pennsylvania

## *New Senior Mobility & Balance Classes*

### 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

### 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

## *Cardio Drumming*

### 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)  
Eric Horton, PT, DPT, Instructor  
Tuesday: 2:45–3:45 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*

### Beaver

#### **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

### Kittanning

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

1150 N Water Street, Kittanning, PA 16201  
724-545-9622  
Hillary Brown  
Thursday: 2:00 pm

### Mercer

#### **Cool Springs Fitness**

1051 East Cornell Rd, Mercer, PA 16137  
Carol Giangiardano, Leader, 724-662-1910  
Monday, Wednesday & Friday: 10:15–11:15 am  
Monday, Wednesday & Thursday: 4:00-5:00 pm

### 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**

Call Jeannine Hartman: 412-215-2391  
**Balance focused class:** Monday: 1:00–2:00 pm  
**DTD class:** Tuesday & Thursday: 2:00–3:00 pm

### South Hills

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

1530 Hamilton Road, Bethel Park, PA 15234  
Jeannine Hartman: 412-215-2391  
Wednesday: 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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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**

800 Plaza Dr., Belle Vernon, PA 15012  
724-379-2071  
Angel Elliott, 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: 12:00-1:00 pm  
Parkinson's Walk: Friday: 12:00-1:00 pm

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 on Monday & Wednesday at 1pm (classes are called SAIL/ask Kathy)*

Greensburg

**Redstone Highlands**

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

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

North Huntingdon

**Redstone Highlands**

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

Ohio Township (formerly in Bellevue)

**Christ Church at Grove Farm**

249 Duff Road, Sewickley, PA 15143  
Senior Power Hour: Monday, Wednesday & Friday:  
10:30 am - 11:30 am  
There is no charge for the class, but space is limited.  
Please call Susan Buhr, Exercise Instructor, to register before attending your first class: 724-316-6019.

Sharon

**Buhl Community Recreation Center**

28 Pine St  
Sharon, PA 16146  
724-981-3700 x 106  
Krista Redick  
Parkinson's Mind, Body, Spirit  
Monday: 12:30-1:30 pm  
Tuesday & Thursday: 11 am-12 pm

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## 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 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: Tuesday: 10–11 am  
Shannon Mathis & Jackie McMurray  
[info@lifeinmotiongym.com](mailto:info@lifeinmotiongym.com)  
412-213-8524

## Greenfield

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

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

## *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: 3:00 pm

## 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: 12:00–1:00 pm

Restorative Yoga Nidra (Virtual): Weds: 7:30-8:30 pm

Back Care Class: Thurs: 6-7:15 pm; Sun: 12–1:15 pm

Chair Stretch: Friday: 12:00–1:00 pm

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: 1:15-2:30 pm

## Upper St Clair

### **Westminster Presbyterian Church**

2040 Washington Road, Upper St Clair, PA 15241  
Contact Kathy Long to register  
412-835-6630 x200 -or- [wroc.westminster-church.org](http://wroc.westminster-church.org)  
Pickleball for Parkinson's: Thursday: 1:00–2:30 pm

## *PWR! Moves™*

## Belle Vernon

### **Mon Valley HealthPlex**

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

## Fox Chapel Area

### **Life In Motion Gym**

3735 Saxonburg Blvd, Pittsburgh, PA 15238  
Shannon Mathis & Jackie McMurray  
412-213-8524; [info@lifeinmotiongym.com](mailto: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, Wednesday & Friday: 10:00 am

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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  
*Also offers Fit & Flexible classes appropriate for Parkinson's on Monday, Wednesday & Friday at 11am*

**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

Butler

**Legacy Fitness Butler**

232 East North St  
Butler, PA 16001  
724-991-7299  
Katie Werner  
Monday & Wednesday: 12:15-1:15 pm

Johnstown

**FWA Gym**

200 Lincoln St, Johnstown, PA 15901  
814-539-0164  
Donnie Roebuck  
(conducts 1-on-1 sessions)

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  
Knockout Parkinson's: Wednesday: 1:15-2:00 pm  
Contact Jake Taciuch: 724-287-4733 x 122

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

Sharon

**Buhl Community Recreation Center**

28 Pine St, Sharon, PA 16146  
Brain, Body, Box  
Wednesday: 12:30 - 1:30 pm  
Contact Krista Redick: 724-981-3700 x 106

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

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

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