

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 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.

## *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 for people with Parkinson's and their supports. Professional teaching artists from Pittsburgh Ballet Theatre integrate movement from modern, ballet, tap, folk and social dancing to engage participants' minds/bodies and create an enjoyable, social environment for artistic exploration. This class is appropriate for anyone with PD, no matter how advanced. No dance experience is required.

## *DrumFIT*

DrumFIT enables a fun, active lifestyle for people of all ages and abilities. With programming for schools, seniors, instructors, gyms and YOU – wherever you are! DrumFIT has something for everyone.

## *Delay The Disease*

Delay the Disease is a Parkinson's fitness program designed to empower people with Parkinson's disease by targeting symptoms and optimizing physical function. It 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 chair, dressing, freezing, posture, rigidity, moving about in crowds.

## *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. 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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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

## Senior Mobility & Balance Classes

### Pittsburgh North Side

#### **Perrysville Plaza**

2403 Perrysville Ave  
Pittsburgh, PA 15214  
412-726-0363

Call Danielle Green for details  
Wednesday: 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

### Pittsburgh Hill District

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

715 Mercer St  
Pittsburgh, PA 15219  
412-726-0363

Call Danielle Green for details  
Tuesday & Thursday: 10:00-10:45 am

### Pittsburgh Hill District

#### **The Lofts (Skyline Terrace)**

1802 Bentley Drive  
Pittsburgh, PA 15219  
412-726-0363

Call Danielle Green for details  
Thursday: 12:00-12:45 pm

## Cardio Drumming

### Upper St Clair

#### **Westminster Presbyterian Church**

2040 Washington Rd, Upper St Clair, PA 15241  
Contact Kathy Long to sign up: 412-835-6630 x 200;  
[wroc.westminster-church.org](http://wroc.westminster-church.org)

Eric Horton, Instructor: Friday: 12:30-1:30 pm

### DrumFIT (free)

**Cranberry Physical Therapy:** Tuesday 1-2pm

**Bridgewater MRS PT:** Wednesday 1-2pm

Contact Dale Reckless to sign up: 724-591-8121;  
[d.reckless@mrsphysicaltherapy.com](mailto:d.reckless@mrsphysicaltherapy.com)

## Dance for Parkinson's

### Pittsburgh Strip District

#### **Pittsburgh Ballet Theatre**

2900 Liberty Avenue, Pittsburgh, PA 15201  
Call or email Lindsey Kaine to sign up:  
412-454-9105; [lkaine@pittsburghballet.org](mailto:lkaine@pittsburghballet.org)

Thursday: 1:00-2:00 pm

## Delay The Disease

### Beaver

#### **Center at the Mall - Beaver Valley Mall**

570 Beaver Valley Mall Rt. 18, Monaca, PA 15061  
Duane Hardek: 412-607-3544  
Thursday: 11:00 am

### Franklin

#### **Franklin YMCA**

111 West Park Street  
Franklin, PA 16323  
Andrew Brosius: 814-432-2138  
Tuesday: 1:00-2:00 pm

### Kittanning

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

1150 N Water Street, Kittanning, PA 16201  
Hillary Brown: 724-545-9622  
Tuesday: 4:15-5:15 pm

### Mercer

#### **Cool Springs Fitness**

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

### New Brighton

#### **Beaver County YMCA**

2236 3rd Avenue  
New Brighton, PA 15066  
Monday with Judi at 12:00 pm  
To sign up, call 724-891-8439

### Sewickley

#### **Sewickley Valley YMCA**

625 Blackburn Rd, Sewickley, PA 15143  
412-741-9622 x 121  
Adriane Stoner  
Monday, Wednesday & Friday: 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

### 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  
Angel Elliott, Instructor: 724-379-2071  
Wednesday: 12:00–1:00 pm

### Butler

#### **Butler YMCA**

339 N Washington St., Butler, PA 16001  
Call Jake Taciuch for details: 724-287-4733 x 122  
Exercise for Parkinson's: Monday & Weds 12-1pm  
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  
Kathy Hensler: 724-452-9122 x 226  
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

### Indiana

#### **S & T Wellness Center/Institute for Healthy Living**

2010 Shelly Drive, Indiana, PA 15701  
Contact Steve Wunz for more information on his one-on-one sessions/no group classes: 724-357-8088

### New Brighton

#### **Beaver County YMCA**

2236 3rd Avenue, New Brighton, PA 15066  
Cognitive & Memory Class w/Pam: Tuesday at 12 pm  
To sign up, call 724-891-8439

### 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  
Jessica Glesk: 412-874-6453  
Thursday: 1:30–2:30 pm

## Ohio Township

### **Christ Church at Grove Farm**

(John Guest Ministry Center, Lower Level)  
307 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  
Krista Redick: 724-981-3700 x 106  
Parkinson's Mind, Body, Spirit  
Monday: 12:30-1:30 pm  
Tuesday & Thursday: 11 am–12 pm

## Zelienople

### **Passavant Community**

105 Burgess Dr  
Zelienople, PA 16063  
724-452-3456: Chad Ifft  
People with Parkinson's  
Standing class: Monday & Weds: 1:30–2:30 pm  
Seated/wheelchair class: Friday: 1:15–1:45 pm

## **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

## **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 Street, Butler, PA 16001  
Call Jake Taciuch for details: 724-287-4733 x 122  
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

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

Phone: 412-837-2542

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

## Other Boxing for PD Programs

### 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  
Contact Jessica Neiss: 412-414-1988  
PWR! Moves & Circuit  
Monday, Wednesday & Friday: 10:00 am

### Squirrel Hill

#### **Jewish Community Center**

5738 Forbes Avenue, Pittsburgh, PA 15217  
Contact Marsha Mullen: 412-339-5415  
Monday & Thursday: 11:45 am

### Washington

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

240 Wellness Way, Washington, PA 15301  
Contact Sam Veltre: 724-250-5249  
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  
Contact Katie Werner: 724-991-7299  
Monday & Wednesday: 12:15–1:15 pm

### Johnstown

#### **FWA Gym**

200 Lincoln St, Johnstown, PA 15901  
Contact Donnie Roebuck: 814-539-0164

### Murrysville

#### **Fit 4 Boxing Club**

5549 Old William Penn Hwy., Murrysville, PA 15632  
Contact Brett Burkhart: 724-575-7486  
Monday–Thursday: 11:00 am

### 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**

Christ 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

#### **Everhart Life Sport Recovery LLC**

2583 Gateway Drive, Suite 110  
State College, PA 16801  
To sign up, call Scott Everhart: 814-599-6232  
Tuesday & Wednesday: 2:00 pm

### 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)