

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

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

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 Teenie Harris Center (Middle Hill)

2179 Webster Ave
Pittsburgh, PA 15219
412-726-0363

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

Cardio Drumming

Upper St Clair **NEW!**

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

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

DrumFIT (free)

Cranberry Physical Therapy: Tuesday & Thurs 1-2pm

Bridgewater MRS PT: Wednesday 1-2pm

Contact Dale Reckless to sign up: 724-591-8121;
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

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

Southpointe **NEW!**

The Health Club at Southpointe

333 Technology Dr,

Canonsburg, PA 15317

Jeannine Hartman: 412-215-2391

Friday: 2:45–3:30 pm

GZ Sobol's Foundations® Classes

Greensburg

The Aerobic Center at Lynch Field

526 New Alexandria Rd, 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

Wednesday: 12:30 – 1:30 pm

To sign up, call Sonja Apperson: 917-526-1285

Parkinson's Boot Camp

Jeannette **NEW!**

William Penn Care Center

Enter through the lower, back entrance

2020 Ader Rd, Jeannette, PA 15644

To sign up: email or call:

Mhertzler@allstartherapies.com; 724-327-3553

Wednesday: 6:00 – 7:00 pm

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 Street

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)

Fox Chapel Area

Life In Motion Gym

3735 Saxonburg Blvd

Pittsburgh, PA 15238

Shannon Mathis & Jackie McMurray

412-213-8524; info@lifeinmotiongym.com

Variety of classes such as boxing, cardio, strength, stretch, yoga

Greensburg

Redstone Highlands

6 Garden Center Drive (Chapel)

Greensburg, PA 15601

412-496-6779

Call Lisa Dormire 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

Murrysville

Redstone Highlands

4951 Cline Hollow Road

Murrysville, PA 15668

412-496-6779

Call Lisa Dormire for information

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

412-496-6779

Call Lisa Dormire for information

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: 11:00 am–12:00 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

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

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

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

South Hills **NEW!**

Jewish Community Center

345 Kane Blvd, Pittsburgh, PA 15243

Contact Chuck Lockwood: 412-423-5572

Monday: 2:30 – 3:30 pm

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 on M, W & F at 11am

Rock Steady Boxing®

Allison Park

Fit 4 Boxing Club

4706 William Flynn Hwy, Allison Park, PA 15101

Contact Rich or Brett: 412-213-3584

Monday-Thursday: 11:00 am; Saturday: 11:15 am

Butler

Legacy Fitness Butler

534 Fairground Hill Rd, Butler, PA 16001

Contact Katie Werner: 724-991-7299

Monday & Friday: 11:15 am – 12:15 pm

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

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

Christ the King Community Center

1100 West Long Avenue, DuBois, PA 15801

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

Parkinson's Boxing Class: Wednesday 4:30 – 5:30 pm

New Castle **NEW!**

New Castle YMCA

20 West Washington Street

New Castle, PA 16101

Contact Jodi Vaneman: 724-498-5867

Friday: 12:00 – 1:00 pm

Sharon

Buhl Community Recreation Center

28 Pine St, Sharon, PA 16146

Contact Krista Redick: 724-981-3700 x 106

Brain, Body, Box: Wednesday: 12:30 – 1:30 pm

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

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)

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