



## 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)***

## Description of Classes

### *Cardio Drumming and DrumFIT*

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.

### *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, and 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*

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*

A non-contact, boxing-based fitness program designed to improve the quality of life for individuals with Parkinson's disease. The specialized program uses training techniques to fight symptoms like tremors, stiffness, balance issues and gait, helping to slow disease progression through strenuous activity.

### *Up ENDing Parkinson's*

A non-profit organization providing adaptive rock-climbing programs designed to improve the quality of life, balance, strength, and coordination for people living with Parkinson's disease. Founded in 2012 by Molly Donelan-Cupka, this evidence-informed, therapeutic program uses climbing to target both motor and non-motor symptoms of the disease.

# Parkinson's Exercise Classes in Western Pennsylvania

## Senior Mobility & Balance Classes

### Pittsburgh North Side

#### **The Upper Rooms at RP Home**

2344 Perrysville Avenue

Pittsburgh, PA 15214

412-726-0363

Call Danielle Green for details

Wednesday: 10:00-10:45 am

### Pittsburgh East Side

#### **Homewood Healthy Active Living Senior Center**

7319 Frankstown Ave

Pittsburgh, PA 15206

412-609-8627

Call Pasean Evans for details

Monday: 1:00-1:45 pm

### 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

#### **The Teenie Harris Center (Middle Hill)**

2195 Webster Ave

Pittsburgh, PA 15219

Call Marcia Scott to sign up: 412-790-1122

Thursday: 12:00-12:45 pm

### Pittsburgh Hill District

#### **Thelma Lovette YMCA**

2114 Centre Avenue

Pittsburgh, PA 15219

412-726-0363

Call Danielle Green for details

Tuesday & Thursday: 10:00-10:45 am

### Southpointe

#### **The Health Club at Southpointe**

333 Technology Dr

Canonsburg, PA 15317

Jeannine Hartman: 412-215-2391

Monday: 3:30-4:15 pm

## Built to Move – Parkinson's Fitness

### Jeannette

#### **William Penn Care Center**

2030 Ader Rd, Jeannette, PA 15644

To sign up, email or call:

[fitness@allstartherapies.com](mailto:fitness@allstartherapies.com); 724-327-3553

Wednesday: 3:30 pm

### Latrobe

#### **Loyalhanna Care Center**

535 McFarland Road, Latrobe, PA, 15650

To sign up, email or call:

[fitness@allstartherapies.com](mailto:fitness@allstartherapies.com); 724-327-3553

Monday: 3:00 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: 1:45-2:45 pm

### DrumFIT

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

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

Also offers LSVT BIG at both locations

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

Updated June 2026

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

Phone: 412-837-2542

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

## 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: 2:00-3:00 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

### Mt Lebanon

#### **Sunset Hills United Presbyterian Church**

900 Country Club Dr, Pittsburgh, PA 15228

Jeannine Hartman: 412-215-2391

Wednesday: 2:00 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

### Southpointe

#### **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

Contact Roman Carloni: 724-834-2153

Monday & Wednesday: 1:15 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

### Bethel Park

#### **Highpoint Fitness**

1000 Higbee Drive

Bethel Park, PA 15102

Call to sign up: 412-230-1000

Monday, Wednesday & Friday: 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

Dion Merrill: 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 Dion)*

Updated June 2026

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

Phone: 412-837-2542

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

### 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)  
Variety of classes: boxing, cardio, strength, stretch and yoga

### Greensburg

#### **Redstone Highlands**

6 Garden Center Dr (Chapel), Greensburg, PA 15601  
Thursday: 1:00 PM  
Contact Lisa Hainaut: 724-832-8400 x 2347

### 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

### North Huntingdon

#### **Redstone Highlands (Chapel)**

12921 Redstone Dr, North Huntingdon, PA 15642  
Call Lisa Dormire for information: 412-496-6779  
Wednesday: 1:00 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

### 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:  
10:00-11:00 am & 11:15 am-12:15 pm  
There is no charge for the class, but space is limited.  
Please call Susan Buhr to register: 724-316-6019

### Plum

#### **Plum Senior Center**

49 Center New Texas Rd, Plum, PA 15239  
Offers a variety of senior fitness classes  
Call or visit their website to learn more:  
412-795-2330;  
[www.plumcommunitycenter.com/fitness](http://www.plumcommunitycenter.com/fitness)

### 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

### Strip District

#### **Intrepidus Fitness**

2828 Liberty Avenue, Pittsburgh, PA 15222  
"Be Fearless" Parkinson's Exercise Class  
Wednesday: 10:00-11:00 am  
Call Patrick Benton to sign up: 412-638-0490

## *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

### Penn Hills

#### **Hebron Community Center**

10460 Frankstown Rd  
Penn Hills, PA 15235  
412-212-8285; <https://www.hebroncc.org>  
Pickleball for All  
Monday & Friday: 9:00-11:00 am

### Upper St Clair

#### **Westminster Presbyterian Church**

2040 Washington Road, Upper St Clair, PA 15241  
Contact Kathy Long to register  
412-835-6630x 200 -or- [wroc.westminster-church.org](http://wroc.westminster-church.org)  
Pickleball for Parkinson's  
Thursday: 1:00-2:45 pm

## *PWR!Moves™*

### Belle Vernon

#### **Penn Highlands Mon Valley**

#### **Center for Fitness and Health**

800 Plaza Drive, Suite 100, Rostraver Twp, PA 15012  
Chad Vorderbrueggen: 724-379-5100  
Monday - Friday: 12:00-1:00 pm

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Phone: 412-837-2542

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

### 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

### Sewickley **NEW**

#### **Encompass Health Rehab Hospital of Sewickley**

351 Camp Meeting Road

Sewickley, PA 15143

There is no charge for this class, but registration is required: contact Courtney to sign up: 412-742-0094;

[Courtney.Brode@encompasshealth.com](mailto:Courtney.Brode@encompasshealth.com)

Every 2<sup>nd</sup> & 4<sup>th</sup> Tuesday: 3:30-4:30 pm

### South Hills

#### **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 Karen Furman: 724-225-9355

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

Session times vary

### 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

Contact Jake Taciuch: 724-287-4733 x 122

Knockout Parkinson's: Wednesday: 1:15-2:00 pm

### 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**

DuBois Mall

5522 Shaffer Rd, DuBois, PA 15801

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

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

### New Castle

#### **AIR Physical Therapy & Fitness**

*Also offers LSVT BIG*

2610 Ellwood Road

New Castle, PA 16101

For more information, call: 724-333-8034

Friday: 10:00-11:00 am

### New Castle

#### **Preston-Chambers Y Zone**

428 Eleanor Drive, New Castle, PA 16105

Call the YMCA to register: 724-658-9211

Friday: 12:00-1:00 pm

### Sharon

#### **Buhl Community Recreation Center**

28 Pine Street, Sharon, PA 16146

Contact Krista Redick: 724-981-3700 x 106

Brain, Body, Box: Wednesday: 11:15 am-12:15 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

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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)

## State College

### **Victory Sports**

178 Rolling Ridge Drive, State College, PA 16801

Monday & Wednesday: 10:30-11:30 am

Contact Aarif Asif: 781-392-6620

## Steubenville **NEW**

### **YMCA Wellness Center at St. John Arena**

3151 Johnson Road, Steubenville, OH 43952

Box Out Parkinson's sponsored by Our Place Activity &

Resource Center: Monday & Friday: 2:00-3:00 pm

Call to register (first 8 are free): 740-264-7183

## Strip District **NEW**

### **The Conn-Greb Boxing Club**

3053 Penn Avenue, Pittsburgh, PA 15201

Parkinson's Boxing

Thursday: 10:00-11:00 am

Contact Michael McSorley to sign up:

412-505-0380 or 412-728-3409

## Upper St Clair

### **Westminster Presbyterian Church**

Eric Horton, 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)

## Wexford **NEW**

### **Oxford Athletic Club**

100 Village Club Drive

Wexford, PA 15090

Parkinson's TOP Boxing Program

Tuesday & Thursday: 10:30-11:30 am

Contact Maria Berexa to sign up: 412-585-6261;

[mberexa@oxfordathleticclub.com](mailto:mberexa@oxfordathleticclub.com)

## **Tai Chi**

### Brookline

#### **Seton Center**

1900 Pioneer Ave. Brookline

Tuesday: 11:00 am (\$5/class)

(Only for higher functioning individuals w/PD)

Call 1<sup>st</sup>/Blake Nieri: 412-344-4777

[blake@setoncenter.com](mailto:blake@setoncenter.com)

## **Up ENDing Parkinson's**

### **Ascend Point Breeze **NEW****

7443 Thomas Blvd, Pittsburgh, PA 15208

Adaptive Climbing for Parkinson's

Wednesday: 11:00 am-12:30 pm

Contact 412-745-7443

## **Yoga**

### Scott Township

#### **Sterling Yoga & Wellness Center**

393 Vanadium Road, Suite 201

Pittsburgh, PA 15243

Sterling Painton: 412-260-0533

### In-Person Classes:

**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

### Virtual Parkinson's Exercise Class:

Tuesday & Thursday: 1:30 pm