



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

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

412-790-1122

Call Marcia Scott to sign up

Thursday: 12:00-12:45 pm

Pittsburgh Hill District

Thelma Lovette YMCA

2114 Centre Avenue

Pittsburgh, PA 15219

724-234-9751

Call Danielle Green for details

Tuesday: 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; 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; 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

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

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

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

Phone: 412-837-2542

Website: 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: 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

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

St Clairsville, Ohio

Forest Hill Healthcare & Rehabilitation

100 Reservoir Rd #1

St Clairsville, OH 43950

Call to learn more: 740-695-7233

Thursday: 2:00 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

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Phone: 412-837-2542

Website: www.pfwpa.org

Cranberry

Rose Schneider Family YMCA

Exercise for Parkinson's

2001 Ehrman Rd.

Cranberry Twp, PA 16066

Dion Merrill: 724-452-9122 x 226

Friday: 1:30-2:30 pm

Also offers other senior exercise classes appropriate for Parkinson's on Monday & Wednesday at 1pm (classes are called SAIL/ask Dion)

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: 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

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

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Website: www.pfwpa.org

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

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

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

Every 2nd & 4th 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

Zelienople **NEW**

Fit 4 Boxing Club

22412 Perry Highway

Zelienople, PA 16063

Contact Rich or Brett: 412-213-3584

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

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Phone: 412-837-2542

Website: www.pfwpa.org

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

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

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

Tai Chi

Brookline

Seton Center
1900 Pioneer Ave. Brookline
Tuesday: 11:00 am (\$5/class)
(Only for higher functioning individuals w/PD)
Call 1st/Blake Nieri: 412-344-4777
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

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