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 Parkinsons' 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 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
Thelma Lovette YMCA
2114 Centre Avenue
Pittsburgh, PA 15219
724-234-9751
Call Danielle Green for details
Tuesday & Thursday: 10:00-10:45 am

Pittsburgh Hill District NEW
Pitt's Community Engagement Center
2007 Centre Avenue
Pittsburgh, PA 15219
412-726-0363
Call Danielle Green for details
Friday: 10:00-11:00 am

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

Southpointe
The Health Club at Southpointe
333 Technology Dr
Canonsburg, PA 15317
Jeannine Hartman: 412-215-2391
Monday: 3:30-4:15 pm

Healthy Aging/Movement for Health Classes NEW

Pittsburgh East Side
Vintage Senior Center
421 N Highland Ave
Pittsburgh, PA 15206
412-361-5003
https://www.vintageseniorservices.org/
IGIA Movement for Health: Monday: 12:00-12:50 pm

Pittsburgh East Side
Kingsley Association
6435 Frankstown Ave
Pittsburgh, PA 15206
412-661-8751
https://www.kingsleyassociation.org/
IGIA Movement for Health:
Tuesday & Thursday: 10:15-11:15 am

Pittsburgh East Side
Kingsley Association
6435 Frankstown Ave
Pittsburgh, PA 15206
412-661-8751
https://www.kingsleyassociation.org/
IGIA Movement for Health: Saturday: 10:00-11:00 am

Pittsburgh Northside
Sarah Heinz House
1 Heinz St
Pittsburgh, PA 15212
412-231-2377
https://www.sarahheinzhouse.org/
Healthy Aging: Wednesday: 1:00-2:00 pm

South Hills
JCC South Hills
345 Kane Blvd, Pittsburgh, PA 15243
412-278-1975
https://jccpgh.org/join/
IGIA Movement for Health:
Wednesday: 1:15-2:00 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
Tuesday: 10:30 am

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: 2:30-3:30 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

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 Giangiordano, 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

Cranberry
Rose Schneider Family YMCA
Parkinson's Plus
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 afternoons (classes are called SAIL/contact 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

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
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 Fayette NEW
South Fayette Township Municipal Center
100 Township Drive
South Fayette, PA 15017
There is a $10 charge for the 6-week session and registration is required.
Register here: SouthFayettePA.com/recreation
Questions? Contact Megan mcasciola@sftwp.com; 412-221-8700 x 2222
Every Thursday: 11:30 am -12:30 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
UPMC 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 11 am

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 New location
4482 William Penn Highway
Murrysville, PA 15668
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
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

Scott Township
Punch Boxing & Fitness
2101 Greentree Rd, Unit 119
Pittsburgh, PA 15220
Senior & Parkinson's Boxing:
Monday, Wednesday & Friday: 12:30 pm
Call or email to sign up: 412-512-3261;
punchpgh@gmail.com

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
Contact Michael McSorley to learn more:
412-505-0380 or 412-728-3409

Upper St Clair
Westminster Presbyterian Church

PD 1 Workout – Keep Moving with Boxing:
Monday, Wednesday & Friday: 9:10-10:10 am
Friday: 10:10-11:10 am

PD 2 Workout - Keep Moving with Boxing (w/assistance):
Monday & Wednesday: 10:10-11:10 am

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 Not meeting currently
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