

Move It!

Your PD Connection To Keep You Active



<p>Aberdeen, NC Archdale, NC</p>	<p>Rock Steady Boxing. Contact 910-420-0772 for more information.</p>
<p>Arden, NC Asheboro, NC Asheville, NC</p>	<p>Rock Steady Boxing. MWF 9:30-11 AM. Contact Jeff Farlow at archdale@rsbaffiliate.com or 336-880-8335 for more information.</p>
	<p>Rock Steady Boxing. Contact 828-684-1338 for more information.</p>
	<p>Rock Steady Boxing. Contact 336-880-8335 for more information.</p>
	<p>Knock Out Parkinson's. Contact Sheri at 828-484-4200. PWR! Moves. Monday and Wednesdays 1 – 2 PM. Contact Reuters Y at 828-651-9622 for more info. Dance for Parkinson's. Weds: 10-11 AM at Care Partners. Contact 828-775-7111. Pole Walking. Tues & Thurs 1:30-2:30. John Lewis Memorial Soccer Fields. Call Cal Underwood for more info at 828-651-9622. PWR! Functional Fitness & Circuit Training. Fletcher Y, M & W, call 828-552-3600 for more info. Therapeutic Yoga. Ajali Hot Yoga. Call Ferris at 828-785-1366. Pedaling for Parkinson's. M & W 11-12, Reuters Y, call 828-651-9622. Rock Steady Boxing. Tuesday, Thurs, Sat. Contact Chris@americantopteamasheville.com or 828-684-1338. (South Asheville) Rock Steady Boxing. Sat 9:30, Specialized Physical Therapy – 828-484-4200. Informal Cycling. Reuters YMCA, must be a member. 11:45 AM on Weds.</p>
<p>Black Mountain, NC</p>	<p>Parkinson's Dance Class. Wednesdays at 10:30 AM to 11:30 AM. Contact Casey Kristofferson-Littlejohn at 828-669-0930 for more info.</p>
<p>Boone, NC</p>	<p>Boxing Classes. App Regional Healthcare Center – Boone Heights Drive. Contact Katherine Graham for more information at 828-268-9043.</p>
<p>Brevard/Hendersonville, NC</p>	<p>Ageless Grace Exercise at every support group meeting. Call 828-862-8820. 'Big and Loud Crowd' facilitated by certified LSVT therapists. 3rd Tuesday of each month from 4:15PM to 5:15PM. Contact Laura Connor at 828-698-6774.</p>
<p>Burlington, NC</p>	<p>Rock Steady Boxing. Contact 336-516-1488 for more information. Parkinson Wellness Recovery Exercise. 1-2 PM. Cone Health at ARMC. Contact Rebecca Sickles for more information at 336-538-7500.</p>
<p>Cary, NC</p>	<p>PWR! Moves (Parkinson Wellness Recovery) UNC Wellness Centers at NW Cary. Call 919-957-5900 for more information. Rock Steady Boxing. At Title Boxing. Visit cary.rsbaffiliate.com for details or call 603-494-0000. Yoga for PD. Tuesdays and Fridays at 10:30-11:45 AM. Contact Helen Tapper at helensart@aol.com or 919-264-9800. Research Based Exercise Classes – Living with Parkinson's. Tues & Friday at 2200 Gateway Centre Blvd, Morrisville, NC. Call 919-377-2084 for more info.</p>
<p>Chapel Hill, NC</p>	<p>PWR! Moves (Parkinson Wellness Recovery) UNC Wellness Centers at Meadowmont. Call 919-966-5500 for more information. Music Therapy. At the Seymour Senior Center. Contact Allison Hingley at allison@atlanticmusictherapy.com for details. Pickleball for PD. Every Wednesday 2:10-3:50pm at the Seymour Senior Center at 2551 Homestead Road. Yoga for Parkinson's. Fridays at Healing Art Yoga & Massage. Contact Helen Tapper at helensart@aol.com or 919-264-9800. www.healingartyoga.com. Rock Steady Boxing. Title Boxing Club off of Hwy 54. Contact nctrangle@rsbaffiliate.com or 603-494-0000 for more information. Mighty Winds Music Therapy. UNC Wellness Center. Call 919-428-3680 for more information or to register.</p>
<p>Charlotte, NC</p>	<p>Yoga for Movement Disorders. Wednesday and Thursdays: 2 PM to 3 PM at Southminster – 8919 Park Road. Call 704-248-3722 for more information.</p>

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Clemmons, NC Dunn, NC	Rock Steady Boxing. Contact Kelly Evans at charlotte@rsbaffiliate.com or 704-953-4104.
	Rock Steady Boxing. Jewish Community Center. Tues/Thurs 1-2:30 PM. Contact Jenny Crowe at 704-944-6870 or jenny.crow@charlottejcc.org .
	Dance for Parkinson's. Fridays, 6-7 PM at Southminster. Call 704-248-3722 to register.
	Parkinson's at the YMCA – 8 week program. (Brace Family YMCA – Mon & Wed 2:15) (Harris YMCA – Tues & Thurs 2:30) Contact Jasmine Hardy at parkinsons@ymcacharlotte.org or 704-716-6250.
Durham, NC	In-Home Personal Training. Certified in LSVT-Big, PWR! Moves & Rock Steady Boxing. Contact Susan Wiseman: susan@ampitupfitness.com , 980-622-1225.
	Rock Steady Boxing. Contact 336-403-0285 for more information.
	Rock Steady Boxing. Contact 910-892-2224 for more information.
	Tai Chi/General Exercise for PD. 8 week sessions, 3 days per week. Contact Sara Edwardson at sara.edwardson@duke.edu or 919-660-6810.
Gibsonville, NC Greensboro, NC	Loud and Proud 2018. For dates and more information, call 919-684-3451.
	Rock Steady Boxing. MWF 10:30 AM – 12:30 PM. Call Harold at 919-864-2096.
	Pilates for PD. Pilates and Dance” at American Dance Festival Studios. Contact 919-797-2871 for more information
	Dance for Parkinson's. ADF Scripps Studios. Email Susan at ncdanceforparkinsons@gmail.com .
	On the Move Rhythm Kinetics. Freedman Center or Irwin R. Holmes Jr. Recreation Center. Contact Dorita Berger at 203.984.7664 for more information.
	Parkinson's Exercise Program. Duke Health & Fitness Center. Mon, Weds, Fri – 11-12 PM. Contact Sara Edwardson at sara.edwardson@duke.edu
Greenville, NC Hickory, NC	Rock Steady Boxing. Call 336-516-1488 for more information.
	PWR! Moves PD Exercise. Call Amy or Denise at 336-271-2054 with questions.
	Rock Steady Boxing. PurEnergy Fitness. Call 336-282-4200 for more info.
	PD Cycling. Spears YMCA. Thursdays at 10:45 AM. Contact Beth McKinney, Spears YMCA Wellness Director at 336.387.9631.
Highlands, NC	Rock Steady Boxing. Contact 757-831-4463 for more information.
	Rock Steady Boxing. 47 14 th Ave NE. Call 828-624-0203 for more info.
	Pedaling for Parkinson's. Monday 1-2 PM. Hickory Foundation YMCA. Please call 828-315-3407 for more information.
	Yoga for Parkinson's. Wednesdays 1-2 PM. Hickory Foundation YMCA.
Hendersonville, NC	BIG for LIFE. Thursdays 1-2 PM. Call 828-315-3407 to register.
	Rock Steady Boxing. The Highlands Recreation Center. Contact Hank Miller at 828-305-9713 for more information.
Huntersville, NC	Pedaling for Parkinson's. Hendersonville YMCA – coming this fall. Call Katie Peterson at 828-575-2957 for more information.
	Rock Steady Boxing. Contact 704-622-0200 for more information.
Jacksonville, NC Jamestown, NC	Parkinson's Fitness. Huntersville Recreation Center – Tuesday and Thursdays at 1PM. For more information contact Dr. Claudian Davis (704)-565-9192.
	Rock Steady Boxing. At Camp Lejeune – call 910-467-7825 for more info.
Kill Devil Hills, NC Linville, NC	PD Cycling. Ragsdale YMCA. Wed & Fri at 9 AM. Contact Marlee Rindal, Ragsdale YMCA Wellness Director at 336.882.9622.
	Dance, Yoga and Water Balance. For more information call 252-209-7704.
Marion, NC	Delay the Disease. Tues & Thurs at 1 PM. Williams YMCA. Contact Traci Ellis at 828-737-5500 x 313 for more information.
	Kickboxing for Parkinson's. Tues & Thurs 1-2 PM. Contact 828-768-2581.

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Mooreville, NC	<p>Parkinson's at the YMCA. 8 week program. Lowe's YMCA – Tues & Thurs at 1:00 PM. Contact Jasmine Hardy at parkinsons@ymcacharlotte.org or 704-716-6250.</p> <p>Rock Steady Boxing. Lake Norman Muay Thai. M, W, F at 2:30 PM. Contact JT Smith for more information at (704) 657-1080.</p>
Morehead City, NC	<p>Rock Steady Boxing. Contact 252-726-7070 for more information.</p>
Oriental, NC	<p>Rock Steady Boxing. Tues/Fri, 3:30-5 PM at Village Health and Fitness.</p> <p>Tandem Cycling. Contact Jennifer Smart Jennifer Smart smartcyclefit@gmail.com for both programs. Contact 252-249-1051 for more info.</p>
Pinehurst, NC	<p>Rock Steady Boxing. Contact 910-715-1839 for more info.</p>
Raleigh, NC	<p>Gentle Movement for Parkinson's. 1st and 3rd Fridays of the month at 1:30 PM – 2:30 PM. Contact Susan McGuire at 919-996-4738 of raleighsc@rfsnc.org for more information.</p> <p>Music Therapy for PD. At the Five Points Center for Active Adults. Contact Allison Hingley at allison@atlanticmusictherapy.com for details</p> <p>Pickleball for Parkinson's. Tuesday's from 10:30 - 2:00 PM at Chavis Park Rec Center (on MLK Blvd - Downtown Raleigh). Contact Rick Shore at 919.749.2375 or rshoreg@gmail.com.</p> <p>Rock Steady Boxing. Title Boxing Club. 603-494-0000.</p> <p>Rock Steady Boxing. Jawbreaker Boxing Raleigh. 919-358-3346.</p> <p>Rock Steady Boxing. The Cardinal at North Hills. 984-204-8444.</p>
Salisbury, NC	<p>Parkinson's Fitness. J.F. Hurley YMCA, Mon and Wed at 10 AM. Contact Tammy at 704-636-0111 for more information.</p>
Southport, NC	<p>Rock Steady Boxing. Premier Fitness Studio. Address: 8164 River Road SE Southport, NC 28461. Contact Mike at (843) 424-4575 for more information</p>
Sylva, NC	<p>Rock Steady Boxing. Contact 563-505-7305 for more information.</p>
Statesville, NC	<p>PWR! Moves with Parkinson's. Mondays 1:00-2:00 PM at Statesville YMCA with Jayne Noto, Certified Personal Trainer and Certified PWR!Moves Instructor. Call 704-495-4921 for more information.</p>
Wilmington, NC	<p>Exercise classes with Certified Personal Trainer Tuesday & Thursday, weekly 2-3 PM. Registration is required prior to participation in exercise classes. Please call 910-791-0353 for more information or to register.</p> <p>Rock Steady Boxing. Address: 6506 Market St. Wilmington, NC 28405. Contact Mike at Ncwilmington@rsbaffiliate.com or 843-424-4575.</p>
Winston-Salem, NC	<p>Dance Improvisation and Parkinson's. Held every Wednesday from 9 AM to 10 AM. For more information contact Christina at 336-758-4460.</p> <p>Pedaling for Improvement. Classes at Fulton YMCA. Call 336-661-1093.</p> <p>PWR! Parkinson Power Moves. Meets every Tuesday and Thursday. Call Julie Bradwell, LRT/CTRS for times or more information at 336-716-8007.</p> <p>Rock Steady Boxing. 2020 14th Street. Contact 336-757-2346 for more information.</p>

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Aiken, SC	Rock Steady Boxing. Contact 803-649-9797 for more information.
Anderson, SC	Loud Talkers practice LSVT Homework at 1 PM before the Support Group meeting. Call 864-716-2643 for more information.
Beaufort, SC	Rock Steady Boxing. Second Wind Therapy and Wellness. Contact info@secondwindwellness.com or 843-379-3726 for more info.
Bluffton, SC	Rock Steady Boxing. Contact 843-422-6641 for more information.
Charleston, SC	Rock Steady Boxing. MUSC Wellness Center. Contact 843-670-1642 for more information. Rock Steady Boxing. Grit Box Fitness. Contact 843-789-0385 for more information. Move with Music. Lowcountry Senior Center. Fridays, 2 PM. Contact Angie at 843-276-9858. Therapeutic Yoga. www.charlestontherapeuticyoga.com . Call 843-343-4206 for more info. Dance Series for Parkinson's. Wednesdays, 2:30-3:30 PM. MUSC Wellness Center. Contact 843-792-5757 for more information. Move for Parkinson's. Waring Senior Center. Mondays, 2 PM. Contact Angie at 843-276-9858.
Columbia, SC	PWR! Moves. YMCA of Columbia, call Kelly Brown 803-799-9187 for more info. Rock Steady Boxing. Contact 803-771-7007 for more information. Move with Parkinson's. Leeza's Care Connection. 2 nd Sunday each month. Contact Angie Cirmigliaro at 843-276-9858.
Easley, SC	Baptist Easley Hospital Arthritis Foundation Exercise classes. This program is very suitable for PD patients & families. Call 864-442-7791 for more information. Parkinson's Fitness Programs. MW – 11:15-12:15 PM. T, TH – 1:45-2:45 PM. Contact Shannon Cobb at 864-442-6710 or info@dedicatedtherapysc.com .
Edgefield, SC	Non-contact Boxing. Referral is required. Classes are at 10:00 AM and 1:00 PM on Tuesdays and Thursdays. Contact Paul Gustafson @ 706-414-0495 for more information.
Fort Mill, SC	Rock Steady Boxing. Contact 908-397-1061 for more information.
Fountain Inn, SC	Parkinson's Group Physical Therapy for \$15 per class. Call 864-525-2654.
Greenville, SC	Walk BIG into Yoga, Pole Walking Group, Parkinson's Community Wellness Classes. Call 864-905-2574 for more information or to register. Rock Steady Boxing. Contact 864-631-5568 for more information.
Hilton Head, SC	Rock Steady Boxing. Contact John Juarez at 843-422-6641 for more information.
Irmo, SC	Rock Steady Boxing. Contact 803-575-0549 for more information.
Mount Pleasant, SC	Contemporary Dance for Movement. Mondays, 2-2:50 PM. Jazz Dance for Memory and Movement. Fridays, 10-10:50 AM. Contact Angie Cirmigliaro at 843-276-9858 for more info on both programs.
Murrels Inlet, SC	Rock Steady Boxing. Grand Strand. Contact 843-318-5322. Rock Steady Boxing. Fitness Edge. Contact 843-903-3488.
Myrtle Beach, SC	Rock Steady Boxing. Contact 336-413-6969 for more information.
Rock Hill, SC	Yoga for Movement Disorders. Westminster Towers. Mondays from 2:00 – 3:00 PM. Call 704-248-3722 for more info.
Spartanburg, SC	Dance/Movement Class on 2 nd and 4 th Thursdays, at same location as support group meeting @ 11 AM. (No meetings Jul or Aug.) Call 864-579-1002. Dance for Parkinson's. Ballet Spartanburg. Every Friday at 10 AM. Contact Carlos Agudelo at cagudelo@spartanarts.org or 864-591-5593. Rock Steady Boxing. Contact 864-591-2222 for more information.
West Union, SC	Rock Steady Boxing. Contact 864-784-4050 for more information.