

# Move It!

Your PD Connection To Keep You Active



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

# Move It!

Your PD Connection To Keep You Active



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

# Move It!

Your PD Connection To Keep You Active



Marion, NC Mooresville, NC	<b>Kickboxing for Parkinson's.</b> Tues & Thurs 1-2 PM. Contact 828-768-2581.
	<b>Parkinson's at the YMCA.</b> 8 week program. Lowe's YMCA – Tues & Thurs at 1:00 PM. Contact Jasmine Hardy at <a href="mailto:parkinsons@ymcacharlotte.org">parkinsons@ymcacharlotte.org</a> or 704-716-6250. <b>Rock Steady Boxing.</b> Lake Norman Muay Thai. M, W, F at 2:30 PM. Contact JT Smith for more information at (704) 657-1080.
Morehead City, NC	<b>Rock Steady Boxing.</b> Contact 252-726-7070 for more information.
Oriental, NC	<b>Rock Steady Boxing.</b> Tues/Fri, 3:30-5 PM at Village Health and Fitness. <b>Tandem Cycling.</b> Contact Jennifer Smart Jennifer Smart <a href="mailto:smartcyclefit@gmail.com">smartcyclefit@gmail.com</a> for both programs. Contact 252-249-1051 for more info.
	<b>Rock Steady Boxing.</b> Contact 910-715-1839 for more info.
Pinehurst, NC	<b>Gentle Movement for Parkinson's.</b> 1 <sup>st</sup> and 3 <sup>rd</sup> Fridays of the month at 1:30 PM – 2:30 PM. Contact Susan McGuire at 919-996-4738 of <a href="mailto:raleighsc@rfsnc.org">raleighsc@rfsnc.org</a> for more information. <b>Music Therapy for PD.</b> At the Five Points Center for Active Adults. Contact Allison Hingley at <a href="mailto:allison@atlanticmusictherapy.com">allison@atlanticmusictherapy.com</a> for details <b>Pickleball for Parkinson's.</b> 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 <a href="mailto:rshoreg@gmail.com">rshoreg@gmail.com</a> . <b>Rock Steady Boxing.</b> Title Boxing Club. 603-494-0000. <b>Rock Steady Boxing.</b> Jawbreaker Boxing Raleigh. 919-358-3346. <b>Rock Steady Boxing.</b> The Cardinal at North Hills. 984-204-8444.
Raleigh, NC	
Salisbury, NC	
Southport, NC	
Sylva, NC	
Statesville, NC	
Wilmington, NC	<b>Parkinson's Fitness.</b> J.F. Hurley YMCA, Mon and Wed at 10 AM. Contact Tammy at 704-636-0111 for more information.
Winston-Salem, NC	<b>Rock Steady Boxing.</b> Premier Fitness Studio. Address: 8164 River Road SE Southport, NC 28461. Contact Mike at (843) 424-4575 for more information
	<b>Rock Steady Boxing.</b> Contact 563-505-7305 for more information.
Wilmington, NC	<b>PWR! Moves with Parkinson's.</b> 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.
	<b>Exercise classes with Certified Personal Trainer</b> 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. <b>Rock Steady Boxing.</b> Address: 6506 Market St. Wilmington, NC 28405. Contact Mike at <a href="mailto:Ncwilmington@rsbaffiliate.com">Ncwilmington@rsbaffiliate.com</a> or 843-424-4575.
Winston-Salem, NC	<b>Dance Improvisation and Parkinson's.</b> For more information contact Christina Soriano at 336-758-4460 or <a href="mailto:sorianct.wfu.edu">sorianct.wfu.edu</a> .
	<b>Parkinson's Cycling.</b> Fulton YMCA. Call Julie Haymore at 336-661-1093 or <a href="mailto:j.haymore@ymcanwnc.org">j.haymore@ymcanwnc.org</a> .
	<b>Parkinson Power Moves.</b> Meets every Tuesday and Thursday. Call Julie Bradwell, for times or more information at 336-716-8007 or <a href="mailto:jbradwell@wakehealth.edu">jbradwell@wakehealth.edu</a>
	<b>Rock Steady Boxing.</b> 2020 14 <sup>th</sup> Street. Contact 336-757-2346 for more information. <b>Therapeutic Horseback Riding.</b> Riverwood Therapeutic Riding Center. Contact Aliza McIlwain at 336-922-6426.

# Move It!

Your PD Connection To Keep You Active



Aiken, SC	<b>Rock Steady Boxing.</b> Contact 803-649-9797 for more information.
Anderson, SC	<b>Loud Talkers practice LSVT Homework</b> at 1 PM before the Support Group meeting. Call 864-716-2643 for more information.
Beaufort, SC	<b>Rock Steady Boxing.</b> Second Wind Therapy and Wellness. Contact <a href="mailto:info@secondwindwellness.com">info@secondwindwellness.com</a> or 843-379-3726 for more info.
Bluffton, SC	<b>Rock Steady Boxing.</b> Contact 843-422-6641 for more information.
Charleston, SC	<b>Rock Steady Boxing.</b> MUSC Wellness Center. Contact 843-670-1642. <b>Rock Steady Boxing.</b> Grit Box Fitness. Contact 843-789-0385. <b>Move with Music.</b> Lowcountry Senior Center. Fridays, 2 PM. Contact Angie at 843-276-9858. <b>Therapeutic Yoga.</b> <a href="http://www.charlestontherapeuticyoga.com">www.charlestontherapeuticyoga.com</a> . Call 843-343-4206 for more info. <b>Dance Series for Parkinson's.</b> Wednesdays, 2:30-3:30 PM. MUSC Wellness Center. Contact 843-792-5757 for more information. <b>Move for Parkinson's.</b> Waring Senior Center. Mondays, 2 PM. Contact Angie at 843-276-9858.
Columbia, SC	<b>PWR! Moves.</b> YMCA of Columbia, call Kelly Brown 803-799-9187 for more info. <b>Rock Steady Boxing.</b> Contact 803-771-7007 for more information. <b>Move with Parkinson's.</b> Leeza's Care Connection. 2 <sup>nd</sup> Sunday each month. Contact Angie Cirnigliaro at 843-276-9858. <b>Movers and Shakers.</b> Neurologic Music Therapy at Physical Therapy Specialists. Contact Sarah Pregnall at 803-296-3257 for more information.
Easley, SC	<b>Baptist Easley Hospital Arthritis Foundation Exercise classes.</b> This program is very suitable for PD patients & families. Call 864-442-7791 for more information. <b>Parkinson's Fitness Programs.</b> MW – 11:15-12:15 PM. T, TH – 1:45-2:45 PM. Contact Shannon Cobb at 864-442-6710 or <a href="mailto:info@dedicatedtherapysc.com">info@dedicatedtherapysc.com</a> .
Edgefield, SC	<b>Non-contact Boxing.</b> Referral is required. Classes are at 10:00 AM and 1:00 PM on Tuesdays & Thursdays. Contact Paul Gustafson @ 706-414-0495 for more info.
Fort Mill, SC	<b>Rock Steady Boxing.</b> Contact 908-397-1061 for more information.
Fountain Inn, SC	<b>Parkinson's Group Physical Therapy</b> for \$15 per class. Call 864-525-2654.
Greenville, SC	<b>Walk BIG into Yoga, Pole Walking Group, Parkinson's Community Wellness Classes.</b> Call 864-905-2574 for more information or to register. <b>Rock Steady Boxing.</b> Contact 864-631-5568 for more information.
Hilton Head, SC	<b>Rock Steady Boxing.</b> Contact John Juarez at 843-422-6641 for more information.
Irmo, SC	<b>Rock Steady Boxing.</b> Contact 803-575-0549 for more information.
Mount Pleasant, SC	<b>Contemporary Dance for Movement.</b> Mondays, 2-2:50 PM. <b>Jazz Dance for Memory and Movement.</b> Fridays, 10-10:50 AM. Contact Angie Cirnigliaro at 843-276-9858 for more info on both programs.
Murrels Inlet, SC	<b>Rock Steady Boxing.</b> Grand Strand. Contact 843-318-5322. <b>Rock Steady Boxing.</b> Fitness Edge. Contact 843-903-3488.
Myrtle Beach, SC	<b>Rock Steady Boxing.</b> Contact 336-413-6969 for more information. <b>Power Through Parkinson's.</b> Tidelands Health Point Center. To register, call 843-237-2205
Rock Hill, SC	<b>Yoga for Movement Disorders.</b> Westminster Towers. Mondays from 2:00 – 3:00 PM. Call 704-248-3722 for more info.
Spartanburg, SC	<b>Dance/Movement Class</b> on 2 <sup>nd</sup> and 4 <sup>th</sup> Thursdays, at same location as support group meeting @ 11 AM. (No meetings Jul or Aug.) Call 864-579-1002. <b>Dance for Parkinson's.</b> Ballet Spartanburg. Every Friday at 10 AM. Contact Carlos Agudelo at <a href="mailto:cagudelo@spartanarts.org">cagudelo@spartanarts.org</a> or 864-591-5593. <b>Rock Steady Boxing.</b> Contact 864-591-2222 for more information.
West Union, SC	<b>Rock Steady Boxing.</b> Contact 864-784-4050 for more information.