

Move It!

Your PD Connection To Keep You Active



Aberdeen, NC	Rock Steady Boxing. Contact 910-420-0772 for more info.
Archdale, NC	Rock Steady Boxing. 9:30-11 AM. Contact Jeff Farlow at archdale@rsbaffiliate.com or 336-880-8335 for more info.
Arden, NC	Rock Steady Boxing. Contact 828-684-1338 for more info.
Asheboro, NC	Rock Steady Boxing. Contact 336-848-5212. MWF at 1 PM.
Asheville, NC	<p>Knock Out Parkinson's. Contact Sheri at 828-484-4200.</p> <p>PWR! Moves. Monday and Wednesdays 1 – 2 PM. Contact Reuters Y at 828-651-9622 for more info.</p> <p>Dance for Parkinson's. Weds: 10-11 AM at Care Partners. Contact 828-775-7111.</p> <p>Pole Walking. Tues & Thurs 1:30-2:30. John Lewis Memorial Soccer Fields. Call Cal Underwood for more info at 828-651-9622.</p> <p>PWR! Functional Fitness & Circuit Training. Fletcher Y, M & W, call 828-552-3600 for more info.</p> <p>Therapeutic Yoga. Ajali Hot Yoga. Call Ferris at 828-785-1366.</p> <p>Pedaling for Parkinson's. M & W 11-12, Reuters Y, call 828-651-9622.</p> <p>Rock Steady Boxing. Tuesday, Thurs, Sat. Contact Chris@americantopteamasheville.com or 828-684-1338. (South Asheville)</p> <p>Rock Steady Boxing. Sat 9:30, Specialized Physical Therapy – 828-484-4200.</p> <p>Informal Cycling. Reuters YMCA, must be a member. 11:45 AM on Weds.</p> <p>Managing Chronic Pain. Contact Stephanie Stewart for more info. 828-251-7438 or stephanie@landofsky.org.</p> <p>Enhance Fitness. Contact Diane Saccone for more info. 828-575-2904 or dsaccone@ymcawnc.org.</p>
Boone, NC	Boxing Classes. App Regional Healthcare Center – Boone Heights Drive. Contact Katherine Graham for more info at 828-268-9043.
Brevard/Hendersonville, NC	<p>Ageless Grace Exercise at every support group meeting. Call 828-862-8820.</p> <p>'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>
Burlington, NC	<p>Rock Steady Boxing. Sullivan Park at Twin Lakes Community. Contact 336-585-2349.</p> <p>Parkinson Wellness Recovery Exercise. 1-2 PM. Cone Health at ARMC. Contact Rebecca Sickles for more info at 336-538-7500.</p>
Cary, NC	<p>PWR! Moves (Parkinson Wellness Recovery) UNC Wellness Centers at NW Cary. Call 919-957-5900 for more info.</p> <p>Rock Steady Boxing. At Title Boxing. Visit cary.rsbaffiliate.com for details or call 603-494-0000.</p> <p>Yoga for PD. Tuesdays and Fridays at 10:30-11:45 AM. Contact Helen Tapper at helensart@aol.com or 919-264-9800.</p> <p>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>
Chapel Hill, NC	<p>PWR! Moves (Parkinson Wellness Recovery) UNC Wellness Centers at Meadowmont. Call 919-966-5500 for more info.</p> <p>Music Therapy. At the Seymour Senior Center. Contact Allison Hingley at allison@atlanticmusictherapy.com for details.</p> <p>Pickleball for PD. Every Wednesday 2:10-3:50pm at the Seymour Senior Center at 2551 Homestead Road.</p>

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	<p>Yoga for Parkinson's. Fridays at Healing Art Yoga & Massage. Contact Helen Tapper at helensart@aol.com or 919-264-9800. www.healingartyoga.com.</p> <p>Rock Steady Boxing. Title Boxing Club off of Hwy 54. Contact nctrangle@rsbaffiliate.com or 603-494-0000 for more info.</p> <p>Mighty Winds Music Therapy. UNC Wellness Center. Call 919-428-3680 for more info or to register.</p>
Charlotte, NC	<p>Yoga for Movement Disorders. Wednesday and Thursdays: 2 PM to 3 PM and the 1st and 3rd Saturday of the month from 11AM-12PM at Southminster. Contact Aminta St. Onge for more info at 980-721-0250.</p> <p>Rock Steady Boxing. Contact Kelly Evans at charlotte@rsbaffiliate.com or 704-953-4104.</p> <p>Rock Steady Boxing. Jewish Community Center. Tues/Thurs 1-2:30 PM. Contact Jenny Crowe at 704-944-6870 or jenny.crowe@charlottejcc.org.</p> <p>Dance for Parkinson's. Fridays, 1-2 PM at Southminster.</p> <p>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.</p> <p>In-Home Personal Training. Certified in LSVT-Big, PWR! Moves & Rock Steady Boxing. Contact Susan Wiseman: susan@ampitupfitness.com, 980-622-1225.</p>
Clemmons, NC	<p>Rock Steady Boxing. Contact 336-403-0285 for more info.</p>
Cornelius, NC	<p>Tai Chi For Life. Contact Joe Higgins for more info at jhiggins@carolina.rr.com or 704-875-0581.</p>
Denver, NC	<p>Yoga For Movement Disorders. Sally's YMCA. 2nd and 4th Tuesday 1:30PM. Contact Aminta Onge for more info at 980-721-0250</p>
Dunn, NC	<p>Rock Steady Boxing. Contact 910-892-2224 for more info.</p>
Durham, NC	<p>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.</p> <p>Loud and Proud 2018. For dates and more info, call 919-684-3451.</p> <p>Rock Steady Boxing. MWF 10:30 AM – 12:30 PM. Call Harold at 919-864-2096.</p> <p>Pilates for PD. Pilates and Dance" at American Dance Festival Studios. Contact 919-797-2871 for more info.</p> <p>Dance for Parkinson's. ADF Scripps Studios. Email Susan at ncdanceforparkinsons@gmail.com.</p> <p>On the Move Rhythm Kinetics. Freedman Center or Irwin R. Holmes Jr. Recreation Center. Contact Dorita Berger at 203.984.7664 for more info.</p> <p>Parkinson's Exercise Program. Duke Health & Fitness Center. Mon, Weds, Fri – 11-12 PM. Contact Sara Edwardson at sara.edwardson@duke.edu</p>
Gibsonville, NC	<p>Rock Steady Boxing. Kai Jax Gym. Call 336-516-1488 for more information.</p>
Greensboro, NC	<p>PWR! Moves PD Exercise. Call Amy or Denise at 336-271-2054 with questions.</p> <p>PWR! Circuit Class. Contact Amy Marriott at 336-271-2054 for more info.</p> <p>Rock Steady Boxing. PurEnergy Fitness. Call 336-282-4200 for more info.</p> <p>PD Cycling. Spears YMCA. Thursdays at 10:45 AM. Contact Beth McKinney, Spears YMCA Wellness Director at 336.387.9631.</p>

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	<p>Parkinson & The Arts Program. Greensboro Cultural Arts Center. Contact 336-373-2547 for more info.</p> <p>Dance for PD. Mondays 3:45-4:45 at the Greensboro Cultural Arts Center. Contact 336-373-2727 for more info.</p>
Greenville, NC	Rock Steady Boxing. Contact 757-831-4463 for more info.
Hickory, NC	<p>Pedaling for Parkinson's. Monday 1-2 PM. Hickory Foundation YMCA. Contact Naomi Mitchell for more info at naomim@ymcacr.org or 828-324-2858.</p> <p>Yoga for Parkinson's. Wednesdays 1-2 PM. Hickory Foundation YMCA. 828-324-2858.</p>
Hickory, NC (cont'd)	BIG for LIFE. Thursdays 1-2 PM. Call 828-315-3407 to register.
Highlands, NC	Rock Steady Boxing. The Highlands Recreation Center. Contact Hank Miller at 828-305-9713 for more info.
Hendersonville, NC	<p>Pedaling for Parkinson's. Hendersonville YMCA – coming this fall. Call Katie Peterson at 828-575-2957 for more info.</p> <p>PWR! Moves. Contact Diane Saccone for more info. 828-575-2904 or dsaccone@ymcawnc.org.</p>
Huntersville, NC	<p>Rock Steady Boxing. Contact 704-622-0200 for more info.</p> <p>Tai Chi For Life. Contact Joe Higgins for more info at jhiggins@carolina.rr.com or 704-875-0581.</p>
Jacksonville, NC	Rock Steady Boxing. At Camp Lejeune – call 910-467-7825 for more info.
Jamestown, NC	PD Cycling. Ragsdale YMCA. Wed & Fri at 9 AM. Contact Marlee Rindal, Ragsdale YMCA Wellness Director at 336.882.9622.
Kill Devil Hills, NC	Dance, Yoga and Water Balance. For more information call 252-209-7704.
Kernersville, NC	Parkinson's Cycling. Kernersville YMCA. Contact Sarah Valliere at s.valliere@ymcanwnc.org .
Linville, NC	Delay the Disease. Tues & Thurs at 1 PM. Williams YMCA. Contact Traci Ellis at 828-737-5500 x 313 for more information.
Marion, NC	Kickboxing for Parkinson's. Tues & Thurs 1-2 PM. Contact 828-768-2581.
Mooresville, 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> <p>Yoga for Movement Disorders. 2nd and 4th Saturday of the month at Gotta Yoga, 1:30-2:30 PM. Contact Aminta St. Onge for more info at 980-721-0250.</p>
Morehead City, NC	Rock Steady Boxing. Contact 252-726-7070 for more information.
New Bern, NC	Rock Steady Boxing. 120 Market Street. Contact Bethany Richards at (571) 215-9282 for more info.
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	Rock Steady Boxing. Contact 910-420-0772 for more info.

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<p>Raleigh, NC</p>	<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 rshore@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>
<p>Salisbury, NC</p>	<p>Parkinson's Fitness. J.F. Hurley YMCA, Mon and Wed at 10 AM. Contact Tammy at 704-636-0111 for more information.</p>
<p>Southport, NC</p>	<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>
<p>Sylva, NC</p>	<p>Rock Steady Boxing. Contact 563-505-7305 for more information.</p>
<p>Statesville, NC</p>	<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>
<p>Wilmington, NC</p>	<p>Exercise classes with Certified Personal Trainer Tuesday & Thursday, weekly 2-3 PM. Registration is required prior to participation in exercise classes.</p> <p>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 Newilmington@rsbaffiliate.com or 843-424-4575.</p> <p>Dance for PD. Babs McDance Social Dance Studio. Call Babs at 910-395-5090.</p>
<p>Winston-Salem, NC</p>	<p>Dance Improvisation and Parkinson's. For more information contact Christina Soriano at 336-758-4460 or sorianct.wfu.edu.</p> <p>Parkinson's Cycling. Fulton YMCA. Call Julie Haymore at 336-661-1093 or j.haymore@ymcanwnc.org.</p> <p>Parkinson Power Moves. Meets every Tuesday and Thursday. Call Julie Bradwell, for times or more information at 336-716-8007 or jbradwell@wakehealth.edu</p> <p>Rock Steady Boxing. 2020 14th Street. Contact 336-757-2346 for more information.</p> <p>Therapeutic Horseback Riding. Riverwood Therapeutic Riding Center. Contact Aliza McIlwain at 336-922-6426.</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. Parkinson's Movement Program. Contact Kristen Hunter at 843-707-9771 for more information.
Charleston, SC	Rock Steady Boxing. MUSC Wellness Center. Contact 843-670-1642. Rock Steady Boxing. Grit Box Fitness. Contact 843-789-0385. Rock Steady Boxing. Crossfit Discovery Gym, Daniel Island. 843-813-6364. 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 and Lowcountry Senior Center. Contact Angie at 843-276-9858. Parkinson's Enhance Wellness Program. Waring & Low County Senior Centers. Call 843-402-1990 or 843-990-5555 for more info. PWR! Moves. Parkinson Wellness Recovery. Cane Bay Family YMCA. Tues/Thurs from 1-2pm. Contact 843-719-9622 for more information. Intro to PWR! Moves. Lowcountry Senior Center James Island. Monday from 3-4pm. Contact 843-990-5555 for more information. Intro to PWR! Moves. Waring Senior Center West Ashley. Tuesday from 2-3pm. Contact 843-402-1990.
Conway, SC	Private Cognitive and Boxing Classes. Monday-Friday, Contact Megan Boronski for more information at 843-655-3760 or strengthenedforce@gmail.com .
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 Cirnigliaro at 843-276-9858. Movers and Shakers. Neurologic Music Therapy at Physical Therapy Specialists. Contact Sarah Pregnall at 803-296-3257 for more information.
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@dedicatedtherapypsc.com .
Edgefield, SC	Non-contact Boxing. 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	Rock Steady Boxing. Contact 908-397-1061 for more information.

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	Yoga for Movement Disorders. Mondays 2:30-3:30 at Fort Mill Unity Presbyterian. Contact Aminta St. Onge for more info at 980-721-0250.
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.
Little River, 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 Cirnigliaro 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. Power Through Parkinson's. Tidelands Health Point Center. Call 843-237-2205. LSVT BIG. ATI Physical Therapy. Contact Denise Lovorn for more information at 843-999-0900.
Rock Hill, SC	Yoga for Movement Disorders. Wednesdays from 12:15-1:15 at India Hook Methodist. Contact Aminta St. Onge for more info at 980-721-0250.
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.