



LOCATION	PROGRAM	SCHEDULE
ABERDEEN, NC	ROCK STEADY BOXING Address: 155 Allison Page Rd, Suite B, Aberdeen, NC 28315 Email: pinehurst@rsbaffiliate.com	TUESDAY/THURSDAY (1:00 PM & 3:00 PM) SUNDAY (3:00 PM)
APEX, NC	MOVING FOR BETTER BALANCE 12-week program (January-April 2022) Address: Kraft Family YMCA 8921 Holly Springs Rd, Apex, NC 27539 Phone: (919) 657-9622	JANUARY 12 – APRIL 6, 2022 MONDAY/WEDNESDAY (12:00 PM – 1:00 PM)
ARCHDALE, NC	ROCK STEADY BOXING Address: Archdale Family Fitness 10134 N Main St. Archdale, NC 27263 Phone: (336) 431-5404	MONDAY/WEDNESDAY/FRIDAY (9:30 – 11:00 AM)
BELMONT, NC	GENTLE YOGA Address: First Presbyterian Church 102 South Central Avenue, Belmont, NC 28012 Contact: Aminta St. Onge Phone: (980) 721-0250	1 ST & 3 RD TUESDAY (12:30 PM)
BOONE, NC	PD RELATED FITNESS ACTIVITIES Address: The Rehabilitation Center Physical Therapy 232 Boone Heights Drive Suite A, Boone, NC 28607 Contact: Katherine Graham (kgraham@apprhs.org)	EMAIL KATHERINE FOR ANY INQUIRIES REGARDING THE ACTIVITIES
CANDLER, NC	ROCK STEADY BOXING Address: Ferguson Family YMCA 31 Westridge Market Place, Candler, NC 28715 Phone: (828) 575-2940	TUESDAY/THURSDAY (11:00 AM-12:15 PM)
CARY, NC	MOVING FOR BETTER BALANCE 12-week program (January-April 2022) Address: Taylor Family YMCA 101 YMCA Drive, Cary, NC 27513 Phone: (919) 469-9622	JANUARY 13 – APRIL 7, 2022 MONDAY/THURSDAY (12:00 PM – 1:00 PM)
	PWR! MOVES (ONLINE ONLY) Address: UNC Wellness Center 350 Stonecroft Ln, Cary, NC 27519 Phone: (919) 957-5900	WEDNESDAY/FRIDAY (2:30 PM-3:15 PM) CALL THE NUMBER LISTED FOR REGISTRATION ASSISTANCE
	ROCK STEADY BOXING Address: Title Boxing Club 2046 Renaissance Park Place, Cary, NC 27513 Phone: (919) 677-8222	MONDAY/WEDNESDAY/FRIDAY (10:30 AM-12:00 PM)
CHAPEL HILL, NC	PWR! MOVES (ONLINE ONLY) Address: UNC Wellness Center 100 Sprunt St, Chapel Hill, NC 27517 Phone: (919) 966-5500	WEDNESDAY/FRIDAY (2:30 PM-3:15 PM) CALL THE NUMBER LISTED FOR REGISTRATION ASSISTANCE
	PICKLEBALL FOR PD Address: Seymour Senior Center 2551 Homestead Rd, Chapel Hill, NC 27516 Phone: (919) 968-2070	WEDNESDAY (2:10 PM-3:50 PM)
	PRIVATE MOVEMENT THERAPY/MASSAGE THERAPY Contact: HELEN TAPPER Email: HELENSART@AOL.COM	EMAIL HELEN TAPPER FOR MORE INFORMATION



LOCATION	PROGRAM	SCHEDULE
CHARLOTTE, NC	GENTLE YOGA Address: Southminster 8919 Park Road, Charlotte, NC 28210 Contact: Aminta St. Onge Phone: (980) 721-0250	THURSDAY (2:30 PM) 1 ST AND 3 RD SATURDAY OF THE MONTH (11:00 AM)
	GENTLE YOGA Address: Levine JCC Charlotte 5007 Providence Road, Charlotte, NC 28226 Contact: Aminta St. Onge Phone: (980) 721-0250	FRIDAY (1:00 PM)
	DANCE FOR PARKINSON'S Address: Christ Lutheran Church (Rm. 6) 4519 Providence Road, Charlotte, NC 28226 Contact: Jennifer Youse Email: jenniferyouse@gmail.com	THURSDAY (11:00 AM)
	ROCK STEADY BOXING Address: Jewish Community Center 5007 Providence Rd, Charlotte, NC 28226 Contact: Jenny Crowe (Jenny.crow@charlottejcc.org) Phone: (704) 366-5007	MONDAY/WEDNESDAY (2:00 PM- 3:30 PM) TUESDAY/THURSDAY (1:00 PM-2:30 PM)
	GENTLE YOGA (ONLINE VIA ZOOM) Meeting ID: 841 2531 4830 Passcode: 156158	WEDNESDAY (12:30 PM)
CLAYTON, NC	MOVING FOR BETTER BALANCE 12-week program (January-April 2022) Address: East Triangle YMCA 120 Flowers Pkwy, Clayton, NC 27527 Phone: (919) 719-9989	JANUARY 11 – APRIL 7, 2022 TUESDAY/THURSDAY (12:00 PM – 1:00 PM)
DURHAM, NC	LOUD AND PROUD (ONLINE ONLY) Contact: Meredith Nye Email: meredith.nye@duke.edu	EMAIL MEREDITH TO JOIN 2 ND MONDAY OF THE MONTH (2:00 PM)
	DANCE AND PILATES FOR PARKINSON'S (ONLINE ONLY) Address: American Dance Festival Website: americandancefestival.org Phone: (919) 684-6402	ONLINE REGISTRATION IS REQUIRED DANCE: SUNDAY (3:00 PM) 2 ND FRIDAY OF THE MONTH (3:00 PM) PILATES: WEDNESDAY (2:00 PM)
	MOVING FOR BETTER BALANCE 12-week program (January-April 2022) Address: Downtown Durham YMCA 218 West Morgan Street, Durham, NC 27701 Phone: (919) 667-9622	JANUARY 28 – APRIL 22, 2022 MONDAY (9:45 – 10:45 AM) FRIDAY (12:45 -1:45 PM)
	RHYTHM-KINETICS FOR MOBILITY WELLNESS (January 13, 2022 – May 5, 2022) Address: Campus Hills Recreation Center 2000 S. Alston Ave, Durham, NC 27707 Phone: (919) 560-4444	JANUARY 13 – MAY 5, 2022 THURSDAY (10:30 – 11:45 AM)



LOCATION	PROGRAM	SCHEDULE
GREENSBORO, NC	PWR! MOVES PD EXERCISE CLASS Address: Green Valley Medical Center (Wellness Room) 719 Green Valley Road, Greensboro, NC 27408 Phone: (336) 271-2054	WEDNESDAY (1:00 PM – 2:00 PM) (2:15 PM - 3:15 PM)
	ROCK STEADY BOXING Address: PurEnergy Fitness Center 1905B Ashwood Ct, Greensboro, NC 27455 Phone: (336) 282-4200	TUESDAY/THURSDAY 10:30 AM = ADVANCED LEVEL 12:00 PM 1:45 PM
	PD CYCLING Address: Alex W Spears III Family YMCA 3216 Horse Pen Creek Rd, Greensboro, NC 27410 Phone: (336) 387-9622	FRIDAY (1:00 PM)
HENDERSONVILLE, NC	PEDAL FOR PARKINSON'S (February 23, 2022 – May 23, 2022) Address: Hendersonville Family YMCA 810 6 th Avenue West, Hendersonville, NC 28739 Phone: (828) 697-9622	WEDNESDAY/FRIDAY (4:00 – 5:00 PM)
HICKORY, NC	ROCK STEADY BOXING Address: Lake Hickory Muay Thai 3204 Hwy 127 Suite 101, Hickory, NC 28601 Phone: (704) 657-1080	MONDAY/WEDNESDAY/FRIDAY (9:30 AM & 10:30 AM)
	<ul style="list-style-type: none"> ▪ PEDALING FOR PARKINSON'S ▪ YOGA FOR PARKINSON'S ▪ DANCE FOR PARKINSON'S ▪ TAI CHI FOR PARKINSON'S Address: Hickory Foundation YMCA 701 1 ST St. NW, Hickory, NC 28601 Phone: (828) 324-2858	<u>PEDALING:</u> MONDAY (11:15–12:15 PM) <u>YOGA:</u> TUESDAY (11:15–12:00 PM) <u>DANCE:</u> WEDNESDAY (11:15–12:15 PM) <u>TAI CHI:</u> THURSDAY (11:15-12:00 PM)
HUNTERSVILLE, NC	ROCK STEADY BOXING Address: Huntersville Family Fitness 11725 Verhoeff Dr, Huntersville, NC 28078 Phone: (704) 766-2222	MONDAY/FRIDAY (11:30 AM)
JAMESTOWN, NC	PD CYCLING Address: Mary Perry Ragsdale YMCA 900 Bonner Drive, Jamestown, NC 27282 Phone: (336) 882-9622	WEDNESDAY/FRIDAY (5:30 PM -6:15 PM)
LINVILLE, NC	PD CLASS ON HEALTHY LIVING Address: Williams YMCA of Avery County 436 Hospital Drive, Linville, NC 28646 Phone: (828) 737-5500	TUESDAY/THURSDAY (11:00 AM - 12:00 PM)
MONROE, NC	PWR! MOVES PD EXERCISE Address: Monroe Aquatics and Fitness Center 2325 Hanover Dr, Monroe, NC 28110 Contact: Susan Wiseman Phone: (980) 622-1225	TUESDAY/THURSDAY (9:30 – 10:15 AM)



LOCATION	PROGRAM	SCHEDULE
MOORESVILLE, NC	<ul style="list-style-type: none"> ▪ ROCK STEADY BOXING ▪ YOGA FOR PD <p><i>Address:</i> Lake Norman Muay Thai 107 Commons Drive, Suite 1, Mooresville, NC 28117 <i>Phone:</i> (704) 657-1080</p>	<p><u>ROCK STEADY BOXING:</u></p> <ul style="list-style-type: none"> ▪ MONDAY/WEDNESDAY/FRIDAY (10:30 AM) <p><u>YOGA FOR PD:</u></p> <ul style="list-style-type: none"> ▪ 2ND & 4TH TUESDAY OF THE MONTH (11:15 AM)
MOREHEAD CITY, NC	<p>ROCK STEADY BOXING</p> <p><i>Address:</i> Morehead City Sports Center 701 North 35th St., Morehead City, NC 28557 <i>Phone:</i> (252) 726-7070</p>	TUESDAY (10:30 AM & 12:00 PM)
NEW BERN, NC	<p>ROCK STEADY BOXING</p> <p><i>Address:</i> SWEAT Camp 120 Market Street, New Bern, NC 28560 <i>Phone:</i> (858) 663-5112</p>	TUESDAY/THURSDAY (11:00 AM & 1:00 PM)
RALEIGH, NC	<p>MOVING FOR BETTER BALANCE</p> <p>12-week program (January-April 2022)</p> <p><i>Address:</i> A.E Finley YMCA 9216 Baileywick Rd, Raleigh, NC 27615 <i>Phone:</i> (919) 848-9622</p>	JANUARY 11 – APRIL 7, 2022 TUESDAY/THURSDAY (12:00 PM – 1:00 PM)
SALISBURY, NC	<p>MOVEMENT THERAPY PROGRAMS</p> <p><i>Address:</i> J.F Hurley Family YMCA 828 Jake Alexander Blvd. West, Salisbury, NC 28147 <i>Phone:</i> (704) 636-0111</p>	TUESDAY/THURSDAY (11:00 AM)
SOUTHPORT, NC	<p>KNOCKING OUT PARKINSON'S BOXING</p> <p><i>Address:</i> Premier Fitness Studio 8164 River Rd South East, Southport, NC 28461 <i>Phone:</i> (910) 477-6003</p>	MONDAY (10:30 AM)
	<p>PEDALING FOR PARKINSON'S</p> <p><i>Address:</i> Cape Fear Fitness 5130 Southport-Supply Rd, SE #103 Southport, NC 28461 <i>Phone:</i> (910) 457-0085</p>	TUESDAY/THURSDAY (11:45 AM)
TOBACCOVILLE, NC	<p>THERAPEUTIC HORSEBACK RIDING</p> <p><i>Address:</i> Riverwood Therapeutic Riding 6825 Rolling View Drive, Tobacoville, NC 27050 <i>Phone:</i> (336) 922-6426</p>	SCHEDULE AN APPOINTMENT
WILMINGTON, NC	<p>ROCK STEADY BOXING</p> <p><i>Address:</i> Brunson's MMA & Fitness 3500 Oleander Drive, Wilmington, NC 28403 <i>Phone:</i> (910) 782-8212</p>	MONDAY/TUESDAY/THURSDAY (9:00 AM - 10:00 AM)
WINSTON-SALEM, NC	<p>IMPROVment Method (ONLINE)</p> <p><i>Contact:</i> Sherri Ford <i>Email:</i> fordsa@wfu.edu</p>	EMAIL SHERRI TO JOIN MONDAY (6:00 PM – 7:15 PM)
	<p>ROCK STEADY BOXING</p> <p><i>Address:</i> Tinderbox Fitness 690 Jonestown Rd, Winston-Salem, NC 27103 <i>Phone:</i> (336) 602-2142</p>	MONDAY (9:45 AM & 11:00 AM) TUESDAY/THURSDAY (11:00 AM & 12:30 PM) FRIDAY (9:45 AM)

Move It!

Your PD Connection To Keep You Active





LOCATION	PROGRAM	SCHEDULE
BLUFFTON, SC	ROCK STEADY BOXING Address: Riptide Mixed Martial Arts Academy 36 Persimmons St., Suite 303, Bluffton, SC 29910 Phone: (843) 422-6641	<u>ALL LEVELS:</u> <ul style="list-style-type: none"> FRIDAY (10:00 AM - 11:00 AM) <u>LEVEL 1 & 2:</u> <ul style="list-style-type: none"> MONDAY TO THURSDAY (10:00 AM – 11:00 AM) <u>LEVEL 3:</u> <ul style="list-style-type: none"> MONDAY/WEDNESDAY (11:30 AM -12:30 PM)
	ROCK STEADY BOXING Address: Discovery Health & Fitness 115 Pier View St., Charleston, SC 29492 Phone: (843) 813-6343	MONDAY/WEDNESDAY/FRIDAY (10:30 AM)
CHARLESTON, SC	MOVE FOR PARKINSON'S Address: Waring Senior Center 2001 Henry Tecklenburg Drive, Charleston, SC 29414 Phone: (843) 402-1990	THURSDAY (2:00 PM & 3:00 PM)
	PRIVATE COGNITIVE AND BOXING CLASSES Contact: Megan Boronski Email: strengthenedforce@gmail.com	SCHEDULE AN APPOINTMENT
CONWAY, SC	PRIVATE COGNITIVE AND BOXING CLASSES Contact: Megan Boronski Email: strengthenedforce@gmail.com	SCHEDULE AN APPOINTMENT
COLUMBIA, SC	PWR! MOVES Address: YMCA of Columbia 1447 Hampton St, Columbia, SC 29201 Phone: (803) 799-9187	TUESDAY/THURSDAY (9:30 AM)
EDGEFIELD, SC	NON-CONTACT BOXING Contact: Paul Gustafson Phone: (706) 414-0495	SCHEDULE AN APPOINTMENT
FORT MILL, SC	ROCK STEADY BOXING Address: Fort Mill YMCA 971 Tom Hall St, Fort Mill, SC 29715 Phone: (803) 547-8439	MONDAY (10:00 AM) TUESDAY/THURSDAY (1:30 PM)
	GENTLE YOGA Address: Unity Presbyterian Church 303 Tom Hall Street, Fort Mill, SC 29715 Contact: Aminta St. Onge Phone: (980) 721-0250	MONDAY (2:30 PM)
GREENVILLE, SC	<ul style="list-style-type: none"> PWR! MOVES PARKINSON'S MOBILITY & COORDINATION PARKINSON'S CIRCUIT Address: Dedicated Physical Therapy and Wellness 1014 Wade Hampton Blvd Suite 6, Greenville, SC 29609 Phone: (864) 203-3883	<u>PWR! MOVES:</u> <ul style="list-style-type: none"> MONDAY (12:00 PM – 1:00 PM) <u>MOBILITY:</u> <ul style="list-style-type: none"> MONDAY/THURSDAY (1:00 PM – 2:00 PM) <u>PARKINSON'S CIRCUIT:</u> <ul style="list-style-type: none"> TUESDAY/THURSDAY (12:00 PM – 1:00 PM)
	PWR! MOVES & PEDALING FOR PARKINSON'S Address: Caine Halter Family YMCA 721 Cleveland St. Greenville, SC 29601 Phone: (864) 679-9622	TUESDAY/THURSDAY (2:30 PM & 3:30 PM)



LOCATION	PROGRAM	SCHEDULE
MURRELLS INLET, SC	ROCK STEADY BOXING OF THE 843 Address: American Fitness 24/7 3334 US-17 BUS, Murrells Inlet, SC 29576 Phone: (843) 651-1111	WEDNESDAY/FRIDAY (10:00 AM - 11:00 AM)
MYRTLE BEACH, SC	ROCK STEADY BOXING Contact: Nikki Shaffer Phone: (843) 318-5322	SCHEDULE AN APPOINTMENT
PAWLEYS ISLAND, SC	POWER THROUGH PARKINSON'S Address: Tideland HealthPoint Center for Health and Fitness 12965 Ocean Hwy #17, Pawleys Island, SC 29585 Phone: (843) 237-2205	MONDAY/THURSDAY (11:00 AM – 12:00 PM)
ROCK HILL, SC	GENTLE YOGA Address: India Hook United Methodist Church 3300 Mount Gallant Road Rock Hill, SC 29732 Contact: Aminta St. Onge Phone: (980) 721-0250	THURSDAY (09:00 AM)
SIMPSONVILLE, SC	<ul style="list-style-type: none"> ▪ YOGA, STRETCH & BALANCE ▪ PWR! MOVES & PEDALING FOR PD Address: Prisma Health Family YMCA 550 Brookwood Point Place, Simpsonville, SC 29681 Phone: (864) 963-3605	<u>YOGA:</u> <ul style="list-style-type: none"> ▪ MONDAY (1:00 PM -1:45 PM) <u>PWR! MOVES:</u> <ul style="list-style-type: none"> ▪ TUESDAY/THURSDAY (1:00 PM -2:15 PM)
SUMMERVILLE, SC	PARKINSON WELLNESS RECOVERY Address: Cane Bay Family YMCA 1655 Cane Bay Blvd, Summerville, SC 29486 Phone: (843) 719-9622	TUESDAY/THURSDAY (1:00 PM – 2:00 PM)
SPARTANBURG, SC	DANCE FOR PARKINSON'S Address: Ballet Spartanburg Chapman Cultural Center Theater, 200 E St. John St, Spartanburg, SC 29306 Phone: (864) 583-0339	TUESDAY (10:00 AM – 11:00 AM)
TAYLORS, SC	PWR! MOVES & PEDALING FOR PD Address: Eastside Family YMCA 1250 Taylors Rd, Taylors, SC 29687 Phone: (864) 292-2790	TUESDAY (12:30 PM – 1:30 PM)
TRAVELERS REST, SC	PWR! MOVES & PEDALING FOR PD Address: George I. Theisen Family YMCA 100 Inspirational Way, Travelers Rest, SC 29690 Phone: (864) 834-2400	TUESDAY/THURSDAY (11:30 AM -12:30 PM)