

WEST MICHIGAN

EXERCISE PROGRAMS

Grand Rapids: Adaptive Yoga for People with Parkinson's

Class meets Every Monday from 1:00pm - 2:00pm

Beginning May 6th

People with PD have been shown to respond favorably to the practice of Yoga. This class is suitable for people with PD as well as their caregivers. While yoga cannot reverse PD, it can ease symptoms by improving core strength, flexibility, and balance. Yoga will also decrease stress and bring calm to a busy mind, allowing for deeper relaxation.

Katherine Florentine, ERYT500, has been practicing & teaching yoga for over 20 years. She studies therapeutic applications of Yoga with internationally recognized teachers, and offers classes and workshops nationally and in Australia.

Cascade Yoga Studio

5060 Cascade Rd, SE, Suite G

Grand Rapids, MI 49546

Contact Katherine at (616) 464-1610 or email: katherine.florentine@gmail.com

Suggested donation: \$5

Grand Rapids: Exercise & Recreation Class

Class is Every Wednesday and Friday

1:00pm - 2:00pm

Helps achieve and maintain the highest level of physical functioning. The instructor is Judy Overmyer, the primary physical therapist at the Hauenstein Center of St. Mary's Health Care. The class provides enjoyable exercise tailored to assist people with Parkinson's improve balance, strength and motor functions. You may participate alone or bring a partner.

310 Lafayette Ave. SE

Grand Rapids, MI 49503

Room Location: 305 Wege Center

Cardiopulmonary Rehab Room

There is a free covered parking in the garage behind the building. Doctor's approval in writing is required.

The cost is \$3 per session (arrangements available if unable to pay).

First visit is free.

Grand Haven: GO Group

Exercise based class with educational, speech, and cognitive components

Runs on a 6 week basis

every Friday from 10:30 am - 11:30 am

Generations Care-Muskegon

945 E. Sherman Blvd

Muskegon, MI 49444

Ability to run class at Generation Care clinic as well

\$48.00 for 6 week class

Need to call for availability and when the next class is starting

(231) 737-4373

Grand Haven: Pedaling for Parkinson's

YMCA Tri-Cities

1 Y Dr.

Grand Haven, MI 49417

Contact: Erica Phelps

(616) 842-7051 ext. 224

Permission from physician required

Classes run Tues, Thurs, & Friday

10:30 am - 11:15 am

\$10 pass for non-members, free to members

Grand Haven: Pedaling For Parkinson's

Tandem bicycling

\$6.00 per ride, with volunteer rider, which GC could help to coordinate.

Located at

Generation Care Grand Haven

16760 Lincoln St.

Grand Haven, MI 49417

Grand Rapids: Parkinson's Exercise and Recreation Class (PERC)

Wednesdays and Fridays, 1-2 pm

Hauenstein Neurosciences at Mercy Health

Saint Mary's Wege Building

310 Lafayette, Suite 305, Grand Rapids

Contact (616) 685-4444

There is a fee.

Grand Rapids: Power Up Exercise Class

Class meets Every Monday during the school year from 4:30pm - 5:45pm

This class is led by Cathy Harro, Assistant Professor, Physical Therapy Program,

Grand Valley State University

Cook-DeVos Center for Health Sciences (CHS)

301 Michigan St, NE

Grand Rapids, MI 49503

There is an approval process: Contact Cathy at (616) 331-5974 and she will follow up with you with an evaluation/screening appointment as well as describing the level of activity. There is no charge and both men and women may participate. A doctor's approval is required.

Grand Rapids: Rock Steady Boxing

West Michigan, LLC

6538 Division Ave S

Grand Rapids, MI 49548

westmichigan@rsbaffiliate.com

(616) 634-4250

Grand Rapids: Tai Chi

Classes meet Every Monday from
7:00pm - 8:00pm

Tai chi, a balance-based exercise, is one non-pharmaceutical therapy which has been studied in patients with Parkinson's disease. A recent study in the New England Journal of Medicine concluded that Tai Chi may improve balance and prevent falls among people with Parkinson's disease.

The class is for beginners and is \$40 for 10 weeks.

East Leonard Medical Complex

2680 Leonard St, NE

Grand Rapids, MI 49525

For more information contact: Ruth Kizer (616) 866-4256 or Brenda Schroeder (616) 866-1205 or (616) 450-9844 or bschroeder@chartmi.net

Holland: Pedaling for Parkinson's

Evergreen Commons

480 State St

Holland, MI 49423

kdraeger@evergreencommons.org

(616) 355-5108

Muskegon: Pedaling for Parkinson's

Contact Generation Care, Muskegon
(231) 737-4374

Muskegon: Parkinson's Pool Class

Exercise based class

Monday and Thursday from 11:00 am - 11:45 am

Generation Care-Muskegon

945 E. Sherman Blvd

Muskegon, MI 49444

\$6.00 per class, can purchase a punch card-
for a slightly discounted per class rate

No monthly commitment required

We have the capabilities to run this class at our

Generation Care Grand Haven location but haven't had enough interest

Muskegon and Spring Lake: Generation Care

Many programs geared for people with PD, including Pedaling for PD water exercise and more at several locations

Call (231) 737-4374

There is a fee

Wyoming: Metro Health Exercise Class for Parkinson's Patients

Metro Health Conference Center

2225 Byron Center Avenue, SW

Wyoming, MI 49519

Classes meet Every Tuesday from

11:00am - 12:00pm

The class is FREE but you must register by calling Parkinson Association of West MI Exercise Group
(616) 252-7199

Wyoming: Parkinson's Exercise Class

2nd and 4th Tuesdays, 11 am - noon
Metro Health & Mary Free Bed Hospital
Byron Center
2215 44th Street SE, Wyoming MI
Contact (616) 252-7199
Free

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DANCE PROGRAMS

Grand Haven: Dancing for Parkinson's/West Michigan - Lakeshore

Wednesdays, 1:30 to 2:30 PM

Financial Support Provided, in part, by Parkinson's Association of West Michigan

Head Teacher: Cathy Gamby

Assistant Head Teacher: MiMi Dunne

Accompanist: Karen Frederiksen

Coordinator and teacher: Janice White

Classes held at

Spotlight Dance Academy

1445 Columbus Avenue

Grand Haven, MI 49417

Classes are free, however donations are welcome.

Questions: DancingForParkinsons@gmail.com or

call Jan at (616) 846-4097

Vist our Website at: danceforpd.org

Please join us! All PD levels, plus family member or caregiver welcome. Call to confirm class dates.

Grand Rapids: Ballroom Dance Class: Dancing with Parkinson's Disease

Meets Every Tuesday. Times have not been finalized at this time.

Mary Free Bed Adaptive Sports Program is offering a Ballroom Dance class. This dance class will provide fun and enjoyable exercise routines to calm and relax the symptoms of PD. This class is suitable for all age groups, and for people with neurological and/or physical disabilities. A dance partner is encouraged but not mandatory.

Mary Free Bed YMCA

5500 Burton St, SE

Grand Rapids, MI 49546

(616) 285-9077

NOTE: PROGRAM NOT YET FINALIZED. Contact Jo Garber at (941) 587-9420 for the most current and up to date information related to this program.

Grand Rapids: GR Ballet School - Dancing with Parkinson's Disease

Meets Every Tuesday

12:00pm - 12:45pm

This 45 minute movement class is designed to increase the flexibility, strength, balance, and coordination of persons with Parkinson's Disease. The class progresses from seated exercises to standing exercises at a bar to movements across the floor, all to live piano accompaniment. Spouses, caretakers, and friends are all encouraged to participate!

Grand Rapids Ballet

Meijer-Royce Center for Dance

341 Ellsworth Ave, SW

Grand Rapids, MI 49503

Contact Attila Mosolygo at AttilaM@grballet.com

The Grand Rapids Ballet Main Office phone is:

(616) 454-4771 ext. 17