

SOUTHEAST MICHIGAN

EXERCISE PROGRAMS

Ann Arbor: Pedaling for Parkinson's

Health Innovation Coordinator

YMCA Ann Arbor

400 W Washington St

Ann Arbor, MI 48103

Mon, Wed & Fri 1:30 pm - 2:30 pm

Release/Permission from Physician required

Contact Ann Brennan (734) 996-9622

abrennan@AnnArborYMCA.org

Free to members, \$25 per 7 week session

Ann Arbor: Westminster Presbyterian Church

Mondays at 3 pm

1500 Scio Church Rd

Ann Arbor, MI 48103

(734) 276-9988

lefflerdd@gmail.com

No fee - Weekly classes

Beverly Hills: Rock Steady Boxing

7 week course

Mon, Tues & Thurs (1:30 pm - 3:00 pm)

Friday (11:30 am - 1:30 pm)

\$147.50 non-member fee

Instructors: Patrick & Jason

Beverly Hills Club

31555 Southfield Rd

Beverly Hills, MI 48025

beverlyhills@rsbaffiliate.com

Clawson: FREE EXERCISE PROGRAM

Every other Saturday starting December 2, 2017

10:00 am – 11:30 am

Clawson Senior Center

509 Fisher Court, Clawson, MI 48017

Register early as spaces are limited!!!

To REGISTER and for more information:

Please call: Ramil @ (586) 303-7294

or email: info@mhillersPT.com

like us on Facebook: Mhiller's PT Neuro Rehabilitation

please visit our sponsor's website: www.mhillersPT.com

Clinton Twp: The Recovery Project

PWR! Gym workout classes, Yoga, and more
15500 19 Mile Road, Suite 330,
Clinton Township, MI 48038
Contact (855) 877-1944 - There is a fee

Clinton Township: Rock Steady Boxing for Parkinson's Wellness Class

The Recovery Project
15500 19 Mile Rd, Suite 330
Clinton Township, MI 48038
Questions?
Please call 586-412-0016
Classes begin on Tuesday, January 30
10:30am - 12:00pm
Everyone must have an initial screening by our RSB
skilled therapist before starting the class
Screening Day is Tuesday, January 16 beginning at 9:00am
Please schedule your screening appointment today

Detroit: St. John Hospital and Medical Center

Tuesdays at 3 pm
22101 Moross, Detroit MI 48236
(313) 343-3744
There is a fee

Farmington Hills: Movingthru - Dance & Parkinson's

Christina's Adult Ballet & More Studio
31531 West 13 Mile Road
Farmington Hills, MI 48334
Most Mondays- 2:00pm
\$10 per class
For more information Call:
Terrye Mock- 248 505-3951

Grand Blanc: PWR! PD Exercise Group

Every Tuesday PWR! Class - 10:00 am
Every Thursday PWR! Cycle - 10:00 am
Members free,
Non-members \$15 per class
Genesys Athletic Club
901 Health Park Blvd.
Grand Blanc, MI 48439
Contact: Angee Ludwa @ 248-760-2019
or aludwa@comcast.net

Howell: Adaptive Exercise with Dr. Stuart Blatt

Thursdays, 1:00 pm
1st Presbyterian Church
323 Grand River Ave., Howell
810-923-8970

Howell: Exercise Class

Thursdays, 4:00 - 5:00 pm

242 Church

Kids Community Room (in the basement)

7526 Grand River Ave

Brighton, MI 48114

Contact: Stuart Blatt, PT, PhD, 810-923-8970

Livonia: Rock Steady Boxing - Livonia

The Recovery Project

20000 Victor Pkwy Ste 100

Livonia, MI 48152

kanderson@therecoveryproject.net

(855) 877-1944

Novi: Rock Steady Boxing

Sports Club of Novi

42500 Nick Lidstrom Dr.

Novi, MI 48375

novisportsclub@rsbaffiliate.com (248) 735-8850 ext.217

Oxford: Rock Steady Boxing

The Legacy Center of Oxford

2125 Noble Rd

Oxford, MI 48370

Contact: Maria Abboud

Bullz Boxing Club

248-296-4321

Rochester Hills: PD Adaptive Exercise Group

St. Irenaeus Church

771 Old Perch Rd.

Rochester Hills, MI 48309

Thursdays 9:30 am

Instructor Carol Schram (586) 453-2162

Royal Oak: PD Exercise Group

Beaumont Health System

3555 W. 13 Mile Rd

Neuroscience Center

Royal Oak, MI 48073

Weds 3:00 pm

\$13.33 per class

Contact Jackie (248) 551-1000

Troy: PD Fitness for Life (Martial Arts Program)

Tues & Thurs 4:00 pm - 5:00 pm

Free 1st session

6 Degree Burn Fitness Studio

1825 Brinston Dr.

Troy, MI 48083

Mike Demeter (248) 270-5676

Troy: Rock Steady Boxing - Troy

The Boxing Rink

1705 Austin Drive, Troy MI 48083

Call Carol Schram for details (586) 781-5849

Warren: PD Exercise Group

St. John Macomb - Medical Center

12000 E. 12 Mile Road

Warren, MI 48093

Thursday 4:00 pm - 5:00 pm

Release/Permission from Physician required

(586) 573-5123

West Bloomfield: Rock Steady Boxing - Oakland

6231 Orchard Lake Rd

West Bloomfield, MI 48322

oaklandcounty@rsbaffiliate.com

(248) 872-0262

***Toledo, Ohio: International Boxing Club (IBC)**

5965 Telegraph Road

Toledo, OHIO 43612

419-450-8435 Coach Harry Cummins

E-mail: hec3rd@aol.com

About Knock Out Parkinson's: Parkinson's (KOP) is a therapeutic boxing program for individuals of varying ages diagnosed with Parkinson's disease. The coach is a Certified Rock Steady Boxing Trainer.

The program is a result of a Capstone project developed by a recent University of Toledo Occupational Therapy Doctorate graduate, Rachel Lopez (Martinez). There is NO FEE for this program.

Schedule for Knock Out Parkinson's

Monday - 9am to 10am

Tuesday - 4:30pm to 5:30pm

Wednesday - 9am to 10am

Thursday - 4:30pm to 5:30pm

Friday - 9am to 10am

Click on this link to see a GREAT video about the program:

<http://www.ibctoledo.org/knock-out-parkinsons.html>

DANCE PROGRAMS

Ann Arbor: Parkinson's Movement & Dance Class

Wednesdays, 3:00pm - 4:00pm
Turner Senior Resource Center
Sept 27-Nov 1
Jan 24-Feb 28
Mar 14-April 18
For more info and registration call:
Rachel Dewees @ 734-998-9350

Bloomfield: Movingthru – Parkinson's & Dance

Thursdays, 1:45PM – 2:30PM – 1/2 hour social time after class
in the Bloomfield Township Senior Center Cafe
4/classes Non Res \$24
FREE for Township Residents
Preregistration required – no drop-ins
[Bloomfield Township Senior Center](#)
[4315 Andover Rd.](#)
[Bloomfield Township , MI 48302](#)
[Visit the website here.](#)
For more information or to register please [click here](#) or call 248.723.3500

Bingham Farms: Yoga for Parkinson's & Other Neurologic Diseases

TBD - call for details
5:30 pm - 6:30 pm
Yoga session and light snacks
Join registered yoga and mediation for patients suffering neurologic diseases.
A brief presentation by Dr.Schechter on Apokyn for treating Parkinson's Disease
RSVP - 248-855-7495 or 248-514-4915
Space is limited
Location:
[Michigan Parkinson Foundation](#)
[30400 Telegraph Road, Room 151](#)
[Bingham Farms, MI 48025](#)

Pontiac: Dance for Parkinson's Disease

Tuesdays 10:45AM – 12:00PM
Free and open to the public
Lead Teacher: Take Root Co-Director/Co-Founder Ali Woerner and/or Take Root Rehearsal Director Vivian Costello
Host organization: Take Root
Styles Taught: ballet, modern, jazz and tap.
Saint Joseph Mercy Oakland Hospital
[Wellness Center](#)
[44405 Woodward Ave](#)
[Pontiac MI, 48341](#)
For more information and an updated schedule, click here.

Pontiac: St. Joseph Mercy Oakland's Wellness Center Studio

44405 Woodward Avenue

Pontiac, MI 48341

Main Campus Phone# 858-3000

All classes are free and open to the public

Registration is required

To register call: 248-858-6200

For more info, visit the website at www.takerootdance.com

Dance for Parkinson's Disease participants will be empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating and creative. This class is an aesthetic experience that uses the elements of narrative, imagery and community to develop artistry and grace while addressing such PD specific concerns as balance, flexibility, coordination, isolation and depression. The classes engage participants' minds and bodies, and create an enjoyable, social environment that emphasizes dancing rather than therapy. Active demonstration by professional dancers inspires participants to recapture grace, while guided improvisation fosters creativity, and experimentation with movement.

Rochester: Dance for Parkinson's hosted by Take Root

11:00am - 12:15pm Meets weekly

Contact Ali Woener takerootdance@gmail.com No fee, but donations are accepted. Classes will not meet June and July

Oakland University

371 Varner Drive

Varner Hall Rm 132

Rochester, MI 48309

Class schedule for the 2017/2018 year

(Times: 11:00 am - 12:15pm)

2017: Sep 23, Oct 21, Nov 4, Dec 9

2018: Jan 6, Feb 10, Mar 24, April 7

Rochester: Older Person's Commission (OPC)

650 Letica Drive

Rochester, MI 48307

(248) 656-1403

Every Wednesday

12:30 pm - 1:30 pm

opcseniorcenter.org

Contact: Alli Woerner: takerootdance@gmail.com