

EXERCISE PROGRAMS	DANCE PROGRAMS
SOUTHEAST MICHIGAN	SOUTHEAST MICHIGAN
<p>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) 661-8044 abrennan@AnnArborYMCA.org Free to members, \$30/mo for non-members</p> <p>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</p> <p>Beverly Hills: Rock Steady Boxing 7 week course (choose 1, 2 or 3 days/week) Tues & Thurs (1:00 pm - 2:30 pm) Friday (11:30 am - 1:00 pm) Monthly Fee: Members \$87/\$125 non-member fee Beverly Hills Club 31555 Southfield Rd Beverly Hills, MI 48025 beverlyhills@rsbaffiliate.com</p> <p>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</p>	<p>Ann Arbor: Parkinson's Movement & Dance Class Wednesdays, 3:00pm - 4:00pm Turner Senior Resource Center 2401 Plymouth Road, Ann Arbor, MI 48105 For more info and registration call: Rachel Dewees @ 734-998-9350</p> <p>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</p> <p>Bingham Farms: Yoga for Parkinson's & Other Neurologic Diseases every Monday (Sept 9th - December 16th) 11:30 am - 1:30 pm Yoga helps manage anxiety and depression and help control tremors while increasing mobility, flexibility and strength Join registered yoga and mediation for patients suffering neurologic diseases. Taught by Mindy Eisenberg, MHSA, C-IAYT, ERYT-500 Register at 800-852-9781 Space is limited Location: Michigan Parkinson Foundation 30400 Telegraph Road, Room 151 Bingham Farms, MI 48025</p> <p>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</p>

EXERCISE PROGRAMS

Clinton Twp: The Recovery Project

PWR! Gym workout classes, Yoga, and more

[15500 19 Mile Road, Suite 330,](#)

[Clinton Township, MI 48038](#)

Contact (586) 412-0016 - There is a fee

[See Flyer to Details](#)

Dearborn: Henry Ford Health System

Wednesdays from 12pm to 1 pm starting February 6th, 2019

[Henry Ford Medical Center](#)

[5500 Auto Club Drive, Ste 150](#)

[Dearborn, MI](#)

Cost: \$25 per month (1 class a week x 4 weeks)

*Must be screened by physical therapist to attend

Please call 313-982-8266 or email khandle1@hfhs.org

Contact: Katie Handley

Detroit: Dance for Parkinson's Disease Class

Starting April 9th, 2018

Taught by Brandon Koepsell of Take Root Date: Every Monday from 2:45 to 3:45 p.m.

[William Clay Ford Center for Athletic Medicine](#)

[6525 2nd Ave., Detroit](#)

First floor meeting room, just inside the main entrance

Cost: Free

Register: <http://bit.ly/2nMtqUS>

Contact Shawn Bennis 313-874-4520

Or email takerootdance@gmail.com for more info

Detroit: St. John Hospital and Medical Center

Tuesdays at 3 pm

22101 Moross, Detroit MI 48236

Call: (313) 343-3744 - There is a fee

DANCE PROGRAMS

Screening Day is Tuesday, January 16 beginning at 9:00am

Please schedule your screening appointment today

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

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](http://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.

EXERCISE PROGRAMS

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](mailto:aludwa@comcast.net)

Grosse Pointe Woods: Rock Steady Boxing Class

Mondays, Wednesdays, and Fridays

12:00pm - 1:30pm

[Heavy Hitters Kickboxing Gym](#)

[20748 Mack Ave](#)

[Grosse Pointe Woods, MI 48236](#)

[\(next to Big Boy's restaurant\)](#)

Program run by two certified RSB coaches

Fully comprehensive Rock Steady Boxing program on the east side

Handicap accessible

For questions contact owner/head coach:

Cristi Henderson 313-575-8480

Grosse Pointe Sweet Science: Rock Steady Boxing Class

Tuesdays@10:30am, Thurs@10:30am, Saturdays@12:00pm

[20957 Mack Ave](#)

[Grosse Pointe Woods, MI 48236](#)

Contact Mac Gallagher @ 313-458-8802

[View Flyer Here](#)

Howell: Adaptive Exercise with Dr. Stuart Blatt

Thursdays, 1:00 pm

[1st Presbyterian Church](#)

[323 Grand River Ave., Howell](#)

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

DANCE PROGRAMS

Rochester: Dance for Parkinson's hosted by Take Root

11:00am - 12:15pm Meets weekly

[Contact Ali Woener takerootdance@gmail.com](mailto: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](mailto:takerootdance@gmail.com)

EXERCISE PROGRAMS

DANCE PROGRAMS

Livonia: Rock Steady Boxing - Livonia

[The Recovery Project](#)

[20000 Victor Pkwy Ste 100](#)

[Livonia, MI 48152](#)

kanderson@therecoveryproject.net

[734-953-1745 See flyer for details](#)

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](#)

[925 N Lapeer Rd](#)

[Oxford, MI 48371](#)

Contact: Maria Abboud

Bullz Boxing Club

248-296-4321

Oxford: PARKINSON'S WELLNESS PROGRAM

Delay the Disease – Exercise Program

October 1 – December 19, 2018

\$7.00/class

\$120.00 for full 12 week session (24 classes)

McLaren Oakland in Oxford now offers group exercise for People with Parkinson's. Delay the Disease™ is an evidenced-based fitness program designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms. This program targets daily functional challenges and symptom-specific fitness agendas. Exercise plans are adapted to all levels of the disease, valuable to newly diagnosed and progressed states alike.

[McLaren Oakland - Oxford Physical Therapy](#)

[385 N. Lapeer Road Oxford, MI 48371](#)

[Call 248-969-7360 for more information or to register for the upcoming session. View Flyer Here](#)

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

EXERCISE PROGRAMS

DANCE PROGRAMS

Downtown Rochester - Rock Steady Boxing

[The Studio Boxing & Fitness](#)

[150 Elizabeth Street](#)

[Rochester, MI 48307](#)

Carol Schram (586) 453-2162 Email:
DowntownRochester@RSBAffiliate.com

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

Royal Oak: PWR Moves Class

Beaumont Health and Wellness Center

4949 Coolidge Hwy. Section E

Royal Oak, MI 48073

248-655-5800

Thursdays 4pm-5pm

\$18.00 per class

Classes taught by a Physical Therapist and Occupational Therapist. Classes are limited to 5 to 8 participants who don't use an ambulatory device such as a walker or cane. Those who do use an ambulatory device are welcome to join our Wednesday group class from 3pm to 4pm at the Neuroscience Center on the Royal Oak campus.

Our PWR moves class includes large amplitude exercises in sit, standing, supine, lying on the stomach and in four point to facilitate functional movement and self-care performance, as well as circuit training for symptom management. Our classes are taught by physical and occupational therapists.

St. Clair Shores: Rock Steady Boxing

*NEW LOCATION!

[Lakeshore Family YMCA](#)

[23401 East Jefferson Ave](#)

[St Clair Shores, MI 48080](#)

(behind St Lucy's)

Classes are held Monday through Friday

12 noon to 1:30 pm.

Contact Cristi Henderson @ 313-575-8480

or email: MetroDetroit@RSBAffiliate

EXERCISE PROGRAMS

Troy: PD Fitness for Life

Tues & Thurs 3:30 pm - 4:30 pm

Free 1st session

[6 Degree Burn Fitness Studio](#)

[1825 Brinston Dr.](#)

[Troy, MI 48083](#)

Mike Demeter (248) 270-5676 (PD patient since 2012 – dedicated to improving the quality of life for people dealing with Parkinson's.)

Troy: Rock Steady Boxing - Troy

[The Boxing Rink](#)

[1705 Austin Drive, Troy MI 48083](#)

Call Mike Martelli for details (248) 817-5243

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

West Bloomfield: PWR Moves for Parkinson's

Henry Ford West Bloomfield

[VITA Wellness Center \(inside the hospital\)](#)

[6777 W Maple Road](#)

[West Bloomfield, MI 48322](#)

Thursday February 1, 11:30-12:30

You must call to register, Call 248-325-3870

West Bloomfield: Movingthru - Dance & Parkinson's

West Bloomfield Henry Ford Hospital

Thursdays* 12:30 - 1:30pm at Vita

Instructor: Terrye Mock

Call: 248 505-3951

DANCE PROGRAMS

SOUTHWEST MICHIGAN

NORTHERN MICHIGAN

Frankfort: Dancing for Parkinson's

[Betsie Hosick Fitness Center](#)

[102 Airport Road](#)

[Frankfort, Michigan 49635](#)

Every Thursday at 11:00 am

\$7.50 for non members. Free for members.

Call Jo-Ann Tarkington @ 231-352-9661

EXERCISE PROGRAMS	DANCE PROGRAMS
<p>*Toledo, Ohio: International Boxing Club (IBC) 5965 Telegraph Road Toledo, OHIO 43612 419-450-8435 Coach Harry Cummins E-mail: hec3rd@aol.com</p> <p>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.</p> <p>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</p> <p>Click on this link to see a GREAT video about the program: http://www.ibctoledo.org/knock-out-parkinsons.html</p>	<p>Marquette: Movement and Dance for Those with Parkinson's Tuesdays and Fridays 2:00 – 3:15 PM Saturdays 1:00- 2:15 PM Free of charge Lead Teacher: Marge Sklar</p> <p>Sponsoring organizations: Dance Zone and Lake Superior Hospice</p> <p>Dance Zone 1113 Lincoln Avenue Marquette, MI 49855</p> <p>For more information or to register please contact Marge Sklar at (906) 236-1457 or via email by marge@dancezonemqt.org</p>
<p>*Mishawaka, IN: Delay the Disease Thursdays 2pm-3pm Sprenger Health Care Mishawaka 60257 Bodnar Boulevard Mishawaka, IN 46544</p> <p>Contact: Brandi Snider, PTA, CKTP Director of Rehabilitation</p> <p>*Located Out of State</p>	<p style="text-align: center;">WEST MICHIGAN</p> <p>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</p>
<p style="text-align: center;">SOUTHWEST MICHIGAN</p> <p>Battle Creek: Rock Steady Boxing Mondays and Thursdays 5:30-6:45 Rock Solid Wellness Studio 1332 E Columbia Ave. Battle Creek, MI 49014</p> <p>Call 269-209-5259 or www.rocksolidptstudio.com for info (\$15/class)</p> <p>ASK Anne Clark for information on other exercise classes available in BC at 269-441-0920</p>	<p>Classes held at Spotlight Dance Academy 1445 Columbus Avenue Grand Haven, MI 49417</p> <p>Classes are free, however donations are welcome. Questions: DancingForParkinsons@gmail.com or call Jan at (616) 846-4097</p> <p>Vist our Website at: danceforpd.org</p> <p>Please join us! All PD levels, plus family member or caregiver welcome. Call to confirm class dates.</p>

EXERCISE PROGRAMS	DANCE PROGRAMS
<p>Kalamazoo: YMCA in Portage</p> <p>Tuesdays and Thursdays</p> <p>Delay the Disease: 3 levels (level is determined by assessment) 2900 W. Centre Street Portage, MI 49024</p> <p>Contact Trish Harrison (269) 459-4881 or taharr@kzooyymca.org DTD Certified Instructor: Sheri Shon Fee is \$90 for Y members</p> <p>\$160 for community/nonmembers</p> <p>Kalamazoo: Bronson Athletic Club</p> <p>6789 Elm Valley Dr Kalamazoo, MI 49009</p> <p>Exercise Class meets twice weekly</p> <p>Cost of \$100.00 for 12 weeks Call 269-544-3200 for questions or to register You can also get one on one session with one of the class instructors for additional fee</p> <p>Kalamazoo: Friendship Village</p> <p>1400 N. Drake Road Kalamazoo, MI 49006</p> <p>Cost of \$5.00/class Dancing with Parkinson's meets once weekly Delay the Disease exercise class; meets twice weekly Call Frank Loffredo at 269-381-0560 ext 532 to register</p>	<p>Grand Rapids: Ballroom Dance Class: Dancing with Parkinson's Disease</p> <p>Meets Every Tuesday. Times have not been finalized at this time.</p> <p>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.</p> <p>Mary Free Bed YMCA 5500 Burton St. SE Grand Rapids, MI 49546 (616) 285-9077</p> <p>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.</p> <p>Grand Rapids: GR Ballet School - Dancing with Parkinson's Disease</p> <p>Meets Every Tuesday 12:00pm - 12:45pm</p> <p>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!</p> <p>Grand Rapids Ballet Meijer-Royce Center for Dance 341 Ellsworth Ave. SW Grand Rapids, MI 49503 Contact Attila Mosolygo at AttilaM@grballet.com</p> <p>The Grand Rapids Ballet Main Office phone is: (616) 454-4771 ext. 17</p>

EXERCISE PROGRAMS	DANCE PROGRAMS
NORTHERN MICHIGAN	
<p>Marquette: Pedaling for Parkinson's <u>Marquette YMCA</u> <u>1420 Pine St.</u> <u>Marquette, MI 49855</u> Held on Mon, Wed & Friday 1:00 pm - 2:00pm No fee Details available on site Contact Christina Bennett (906) 227-9622</p> <p>Traverse City: Parkinson's Exercise Group <u>Physical Therapy Gym</u> <u>550 Munson Ave.</u> <u>Traverse City, MI</u> 2nd Wednesday & 4th Thursday 11am-12pm To register call 231-935-8600 View Flyer Here</p>	
WEST MICHIGAN	
<p>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 <u>Generations Care-Muskegon</u> <u>945 E. Sherman Blvd</u> <u>Muskegon, MI 49444</u> 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</p>	

EXERCISE PROGRAMS

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.

For more info call: 616-935-3300

Located at

[Generation Care Grand Haven](#)

[16760 Lincoln St.](#)

[Grand Haven, MI 49417](#)

Grand Rapids: 3M - Music, Motion, and Mobility Class

Wednesdays and Fridays 1:15pm-2:15pm

[Mercy Saint Mary's](#)

[220 Cherry SE](#)

[Grand Rapids, MI 49503](#)

1st Floor Conference Room

Physician's approval to participate required

*Participant needs to be safe and independent in standing exercises or have a helper to guide them.

Open to anyone with balance or walking challenge

Cost is \$3.00 per session or

11 sessions can be pre-paid for \$30.00

Contact Judy Overmyer, PT

Mercy Saint Mary's Hauenstein

Phone: 616-685-6749

Fax: 616-685-8908

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.

DANCE PROGRAMS

MID MICHIGAN

Okemos: Parkindance class

Wednesdays 1:00 pm

[Happendance Okemos](#)

[3448 Hagadorn Rd. Suite C](#)

[Okemos, MI 48864](#)

No fee- Sponsored by Making The Turn Golf

Contact Diane Newman (517) 333-3528

EXERCISE PROGRAMS

DANCE PROGRAMS

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](mailto: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

EXERCISE PROGRAMS

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

MID MICHIGAN

Flint: Genesee County - Parkinson's Wellness Recovery(PWR!) Class

Fridays 10:00-11:00 am

University of Michigan Flint

Parkinson's Wellness Recovery (PWR!) class

Presented by: Dr. Amy Yorke, PT, PhD, NCS

Class is free of charge, however you must pre-register.

[Urban Health and Wellness Center](#)

[1153 William S. White Building 509 N. Harrison Street](#)

[Flint, MI 48502](#)

(734) 417-8963 PT_Heart@umflint.edu

PWR! is a PD-specific skill training program to maintain or restore skills that deteriorate and interfere with everyday movements.

This CLASS is about empowerment – teaching you what you CAN do to use your FULL potential and get the most out of life.

The Urban Health and Wellness Center is on the first floor of the William S. White building on UM-Flint's campus. There are specific parking spots for the Urban Health and Wellness center, or metered parking available.

Jackson: Pedaling for Parkinson's

[YMCA Jackson](#)

[127 W Wesley St](#)

[Jackson, MI 49201](#)

Mon, Wed & Fri 11:00 am - 12:00 pm

Instructor Jennie Lapp (517) 784-9622

Jackson: Pedaling for Parkinson's

Contact the **Jackson YMCA** (517) 782-0537

DANCE PROGRAMS

EXERCISE PROGRAMS

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Jackson: Summit Branch YMCA

Rock Steady Boxing on Tues, Thurs & Sat

1 pm - 2:30 pm

Mailynn Pratt, Instructor (517) 240-9022

[2151 Ferguson Rd.](#)

[Jackson, MI 49201](#)

Lansing: Parkinson's Fitness Program

Mondays 6:30 pm boxing,

Tuesdays 1:00 pm exercise,

Wednesdays 6:30 pm exercise,

Thursdays 1:00 pm exercise

12-week program,

[Sparrow Michigan Athletic Club](#)

[2900 Hannah Blvd., East Lansing MI 48823](#)

No fee - Sponsored by Making the Turn Golf

Contact Rus Zalkin (517) 364-88244

Lansing: Rock Steady Boxing - Gloved Ones

[1010 Ballard St](#)

[Lansing, MI 48906](#)

Every Tues. starting Aug. 15

11:00 am - 12:30 pm

\$60 per month - 12 classes

glovedones@rsbaffiliate.com

(517) 449-5995

Lansing: Rock Steady Boxing

[The Recovery Project](#)

[3960 Patient Care Drive Suite 117](#)

Lansing, MI 48911

[\(517\) 325-0996 See flyer for details](tel:5173250996)

Midland: Mid Michigan Medical Center

[Bay Medical Center Rehabilitation West Campus](#)

[4000 Wellness Dr, Midland, MI 48670](#)

Weekly classes

\$2.00 per session

(989) 667-6767

Midland: Rock Steady Boxing - Mid Michigan

[4612 James Savage Rd.](#)

[Midland, MI 48642](#)

Mon - Thurs

9:00 am - 11 am, and 5:30 pm

midmichigan@rsbaffiliate.com

(844) 829-2778

EXERCISE PROGRAMS	DANCE PROGRAMS
<p>Mt. Pleasant: MOVE FOR HEALTH - PWR!MOVES Starting September 11th, 2017 Tuesdays 2:30 pm <u>Carl's Center Room 2138</u> <u>Health Professions Building</u> <u>Central Michigan University</u> Contact (989) 774-3904 *PWR!MOVES is a Parkinson's Disease Specific skill training program to maintain or restore skills that deteriorate and interfere with everyday movements. <u>Contact: Danielle Puckett at pucke1dn@cmich.edu or (313) 820-9975</u></p> <p>Saginaw: Tri Cities Support Group Weekly Exercise Program Thursdays at 9 am Wescourt Retirement Community, Saginaw 48603 Free of charge Contact Martin Mann (989) 577-9574</p>	