



EXERCISE PROGRAMS	DANCE PROGRAMS
<p>SOUTHEAST MICHIGAN</p> <p>Ann Arbor: Pedaling for Parkinson's <i>Health Innovation Coordinator</i> <u>YMCA Ann Arbor</u> <u>400 W Washington St</u> <u>Ann Arbor, MI 48103</u> 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/month for non-members</p> <p>Ann Arbor: Westminster Presbyterian Church Mondays at 3 pm <u>1500 Scio Church Rd</u> <u>Ann Arbor, MI 48103</u> (734) 276-9988 lefflerdd@gmail.com No fee - Weekly classes</p> <p>Beverly Hills: Rock Steady Boxing 7 week course Mon, Tues & Thurs (1:00 pm - 2:30 pm) Friday (11:00 am - 1:00 pm) \$147.50 non-member fee Instructors: Patrick & Jason <u>Beverly Hills Club</u> <u>31555 Southfield Rd</u> <u>Beverly Hills, MI 48025</u> beverlyhills@rsbaffiliate.com</p> <p>Clawson: FREE EXERCISE PROGRAM Every other Saturday starting December 2, 2017 10:00 am – 11:30 am <u>Clawson Senior Center</u> <u>509 Fisher Court, Clawson, MI 48017</u> 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>SOUTHEAST MICHIGAN</p> <p>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</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 <u>Bloomfield Township Senior Center</u> <u>4315 Andover Rd.</u> <u>Bloomfield Township , MI 48302</u> 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 TBD - call for details 5:30 pm - 6:30 pm Yoga session and light snacks Join registered yoga and meditation 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: <u>Michigan Parkinson Foundation</u> <u>30400 Telegraph Road, Room 151</u> <u>Bingham Farms, MI 48025</u></p>

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 \(241 KB\)](#)

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 aspadar1@hfhs.org

Contact: Audriana Spadaro, PT, DPT

Physical Therapist

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](#)

(313) 343-3744

There is a fee

Farmington Hills: PWR!Moves

[Mid American fitness](#)

[24425 Indoplex Circle](#)

[Farmington Hills, MI 48335](#)

Tuesdays at 7:30pm and

Saturdays at 10:30am

6 weeks from Sep 18th-Oct 27th

[View Flyer Here](#)

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

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.

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

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

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 \(241 KB\)](#)

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 2018 year

(11:00 am-12:15pm)

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

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

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 \(1.21 MB\)](#)

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

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

Royal Oak: PD Exercise Group

Beaumont Health System

3555 W. 13 Mile Rd

Neuroscience Center

Royal Oak, MI 48073

Meets Wednesday at 3 pm - \$13.33 per class

Contact Jackie (248) 551-1000

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

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

***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>

SOUTHWEST MICHIGAN (Exercise)

Battle Creek: Rock Steady Boxing

Mondays and Thursdays 5:30-6:45

[Rock Solid Wellness Studio](#)

[1332 E Columbia Ave.](#)

[Battle Creek, MI 49014](#)

Call 269-420-6582 or www.rocksolidptstudio.com for info/questions

ASK Anne Clark for information on other exercise classes available in BC at 269-441-0920

Kalamazoo: YMCA in Portage

Tuesdays and Thursdays

Delay the Disease: 3 levels (determined by assessment)

2900 W. Centre Street

Portage, MI 49024

Contact Trish Harrison (269) 459-4881

or taharr@kzooyymca.org

DTD Certified Instructor: Sheri Shon

Fee: \$90 for Y members \$160 for nonmembers

Kalamazoo: Bronson Athletic Club

[6789 Elm Valley Dr](#)

[Kalamazoo, MI 49009](#)

Exercise Class meets twice weekly

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

Kalamazoo: Friendship Village

[1400 N. Drake Road](#)

[Kalamazoo, MI 49006](#)

Cost of \$5.00/class

Dancing with Parkinson's meets once weekly

Delay the Disease exercise class; meets twice weekly

To register call:

Frank Loffredo at 269-381-0560 ext. 532

SOUTHWEST MICHIGAN (Dance)

Dancing with Parkinson's

A Fun Way to Improve Movement

for people with Parkinson's Disease and their Care Partners

When: Beginning Tuesday, Sept. 11 until mid Dec. 3:00pm-4:00pm

Where: [Friendship Village Fitness Center](#)

[1400 N. Drake Road, Kalamazoo](#)

Cost: \$5.00 per person per class (FV residents FREE)

To enroll, contact Nancy Schullery: (269) 372-7241

or nmsch1020@gmail.com - [View Flyer Here](#)



<p>NORTHERN MICHIGAN (Exercise)</p> <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>NORTHERN MICHIGAN (Dance)</p> <p>Frankfort: Dancing for Parkinson's <u>Betsie Hosick Fitness Center</u> <u>102 Airport Road</u> <u>Frankfort, Michigan 49635</u> Every Thursday at 11:00 am \$7.50 for nonmembers. Free for members. Call Jo-Ann Tarkington @ 231-352-9661</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 Sponsoring organizations: Dance Zone and Lake Superior Hospice <u>Dance Zone</u> <u>1113 Lincoln Avenue</u> <u>Marquette, MI 49855</u> For more information or to register please contact Marge Sklar at (906) 236-1457 or via email by marge@dancezonemqt.org</p>
<p>WEST MICHIGAN (Exercise)</p> <p>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 it may 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. <u>Cascade Yoga Studio</u> <u>5060 Cascade Rd, SE, Suite G</u></p>	<p>WEST MICHIGAN (Dance)</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 Classes held at <u>Spotlight Dance Academy</u> <u>1445 Columbus Avenue</u> <u>Grand Haven, MI 49417</u> Classes are free, however donations are welcome. Questions: DancingForParkinsons@gmail.com or call Jan at (616) 846-4097</p>

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

Visit 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

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

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

245 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

Parking is free in the lot to the west of the building

Contact Judy Overmyer, PT

Mercy Saint Mary's Hauenstein NeuroSciences NeuroRehab

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. 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.

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 bschreoder@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

<p>Muskegon: Parkinson's Pool Class Exercise based class Monday and Thursday from 11:00 am - 11:45 am <u>Generation Care-Muskegon</u> <u>945 E. Sherman Blvd</u> <u>Muskegon, MI 49444</u> \$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</p> <p>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</p> <p>Wyoming: Metro Health Exercise Class for Parkinson's Patients <u>Metro Health Conference Center</u> <u>2225 Byron Center Avenue, SW</u> <u>Wyoming, MI 49519</u> 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</p>	
<p>MID MICHIGAN (Exercise)</p> <p>Flint: Genesse 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. <u>Urban Health and Wellness Center</u> <u>1153 William S. White Building 509 N. Harrison Street Flint, MI 48502</u> For more info call: (734) 417-8963 PT_Heart@umflint.edu</p>	<p>MID MICHIGAN (Dance)</p> <p>Okemos: Parkindance class Wednesdays 1:00 pm <u>Happendance Okemos</u> <u>3448 Haqadorn Rd. Suite C</u> <u>Okemos, MI 48864</u> No fee- Sponsored by Making The Turn Golf Contact Diane Newman (517) 333-3528</p>

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

Jackson: Summit Branch YMCA

Rock Steady Boxing on Tues, Thurs & Sat 1 pm - 2:30 pm

Mailyynn 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 \(241 KB\)](#)

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

1914 S. Saginaw Rd

Midland, MI 48640

Mon - Thurs

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

midmichigan@rsbaffiliate.com

(844) 829-2778

Mt. Pleasant: MOVE FOR HEALTH - PWR!MOVES

Starting September 11th, 2017

Tuesdays 2:30 pm

Carl's Center Room 2138

Health Professions Building

Central Michigan University

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.

Contact: Danielle Puckett at pucke1dn@cmich.edu or (313) 820-9975

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

*Located out of state