



Exercise Classes for People with Parkinson's Disease

South Central

Baraboo

Pulse Fitness & Training, 501 Hitchcock Street

Boxing

Tuesdays/Thursdays 10-11:30am

Instructor: Brandon Green, Certified Personal Trainer/Boxing Instructor/Owner

Register: Sylvia (608) 356-7096 or Geri at (608) 356-3473

Janesville

SOL Fitness, 2100 E. Milwaukee Street, Suite 2

Wednesday's 9:00-9:45 am

8-week sessions, \$6 per session

Instructor: Connie Udell

Register: (608) 302-7088 or cjudell@hotmail.com

Madison

UW Health Research Park Clinic, 621 Science Drive, Madison, WI

Tuesdays/Thursdays 12:20-1:40 pm

Contact UW Health Research Park for fees

Lead Instructor: Sue Peterson

Register: (608) 265-8303

UW Campus in the Natatorium

Tango Dance for Individuals with Parkinson Disease

Wednesday & Friday 2-3pm, Start date October 4th

Cost: Free (Sponsored by Sensory Motor Integration Lab at UW Madison)

Instructor: Joe Yang

Register: (608) 890-2103 or kpickett@wisc.edu

Mendota Rowing Club
622 E. Gorham Street

Rowing

July 11th, likely Tuesdays and Thursdays 4-5:30

Instructor: Mendota Rowing Club

Register: Jordan Mooney (608) 345-7938

Ford's Gym,
2114 Winnebago Street

Boxing

Thursday's 2pm (45 min class)

6-8 week session, \$30-40 per session, inquire with registration

Instructor: Andrea Nelson

Register: Barbara Wiechers at (608) 513-2118

Hybrid Athletic Club
2881 Commerce Park Drive, Fitchburg WI

Rock Steady Boxing

Monday, Tuesday, Wednesday, Thursday Class offerings 10-11:30 am

Free initial assessment

\$100 month for classes offered 4 days/week

Instructor: Patti Batt

Register: Hybrid Athletic Club (608) 276-8074

Hybrid Athletic Club
2881 Commerce Park Drive, Fitchburg WI

Spinning Against Parkinson's

Fridays 10-11am

\$10 per person

Instructors: Patti Batt and Kjersten Bakke

Register: Hybrid Athletic Club (608) 276-8074

Madison Central Library, Third Floor
201 West Mifflin Street

Ballroom Basics for Balance

For what to expect in class: <http://www.ballroombasicsforbalance.org/index.php/what-to-expect/>

This class accommodates People with Parkinson's Disease

Fridays 10-11:30 am September 22 – December 8

\$50 for eight weeks

Instructor : Susan Frikken

Register: Madison Senior Center 608-266-6581

Middleton

Harbor Wellness Studios
2711 Allen Boulevard

PWR!

Mondays 10:30am

Participants should be able to get off the floor

Instructor: Kierstin Kloeckner (Parkinson's Director) 12- week sessions

\$96 per session

Contact: Harbor Wellness Studios (608) 821-6501

Or online at www.harborathleticclub.com

Harbor Wellness Studios
2711 Allen Boulevard

PWR!

Tuesdays- Noon

Focus on cardio, balance, stretching, strength, and mobility: Participants should be able to use a treadmill, rise from a seated position without assistance and engage in a range of motion (big moves).

Instructor: Deb Peterson

\$96 per session, 12 week sessions

Contact: Harbor Wellness Studios (608) 821-6501

Or online at www.harborathleticclub.com

Harbor Wellness Studios
2711 Allen Boulevard

PWR Plus

Thursdays 11am & 11:15 am

Focus on cardio, balance, stretching, strength, and mobility: Participants should be able to walk briskly, rise from seated position easily, and get up from the floor.

Instructor: Rachel Metzger

\$96 per session, 12 week sessions

Contact: Harbor Wellness Studios (608) 821-6501

Or online at www.harborathleticclub.com

Harbor Wellness Studios
2711 Allen Boulevard

PD Zumba

Wednesdays 1:30 pm

Focus on motor skills choreographed to Latin music

Instructor: Jane Busch

\$96 per session, 12 week sessions

Contact: Harbor Wellness Studios (608) 821-6501

Or online at www.harborathleticclub.com

Updated May 2017

Harbor Wellness Studios
2711 Allen Boulevard
PD Rhythm
Mondays 3:15-4:00
Instructor: Sheryl Hursh
\$96 per session, 12 week sessions
Contact: Harbor Wellness Studios (608) 821-6501
Or online at www.harborathleticclub.com

Stoughton

Stoughton Senior Center
248 W. Main Street
PWR, LSVT-BIG
Every Friday at 1pm
Cost: Free
Instructor: Emily Devine, PT
Register: Stoughton Senior Center (608) 873-8585

Southeast

Brookfield

Brookfield Senior Community Center
2000 North Calhoun Road
Arm chair exercises, not specific for Parkinson's
Tuesday/Thursday, 10:30-11:45am,
\$12 annual fee & free for Brookfield Senior Community Center residents
Instructor: Lisa Glenn
Phone: (262) 796-6675

Brown Deer

Rite Hite YMCA
9250 N. Green Bay Road
Monday & Wednesdays 1:30-3:00 year around
Instructor: Liz Paly
Fee: YMCA members: \$50/month, non-members \$73/month
Phone:262-243-4230

Grafton

Updated May 2017

Form & Fitness
2020 Cheyenne Court
Tuesday/Thursday 2:00-3:30 pm
Instructor: Suzy Brill
Phone: (262) 512-0206

Greenfield

Combat PD at the WAC
5020 S. 110th Street
Tuesdays 11am -12pm and Thursdays 10-11am
Instructor: Kat Ionson
Fee: \$50 members and \$85 non-members
Phone: 414-427-6500

Hartford

Aurora Medical Center Washington County
1032 E. Sumner Street
Tuesday/Thursday 12-1pm, \$50/month
Instructor: Kim Beimel
Phone: (262) 670-7233

Milwaukee

Milwaukee Yoga Center
3514 N Oakland Ave
10:30-12pm
Instructor: Linda Murphy
Fee: \$15/class
Phone: (414) 332-3551 or email at linda@mycmke.com

Oconomowoc

YMCA at Pabst Farms
1750 E. Valley Road
Wednesdays/Fridays 12:30-1:30 PM
Instructors: Marlene Ridgway, Kayla Movrich, Aubrey Rohner, Katie Mack
Fee: \$4-\$6/session
Phone: (262) 434-2600

Waukesha

Updated May 2017

YMCA Waukesha, 320 East Broadway
Mon/Thurs 1:00-2:30 PM
Cost: \$45 member/ \$60 non-member
Instructor: Kristine DeKarske, PT
Register: Robyn Pearce
Phone: (262) 542-2557

Wisconsin Athletic Club (WAC), 1530 E. Moreland Blvd
Thursdays 1:00-2:00 PM, 7 week Session
\$40 WAC member, \$60 WAC non-member
Instructor: Kathy Delker
Register: 262-544-4111

WAC, Waukesha, WI
Wednesdays, 1pm, 7 week increment classes
\$50 WAC member/ \$85 non-WAC member
Instructor: Ashley
Register: (262) 544-4111

Wauwatosa

Wisconsin Athletic Club Wauwatosa, 8700 W. Watertown Plank
PD on the Move, 1:15-2:15 on Tuesdays, Cost: \$40 member/ \$60 non-member
Instructor: Jessica Doine
Register: Jules Philippi
Phone: (414) 443-5000

West Suburban YMCA Respect Studio
2420 N 124th Street
Thursdays 1-2pm
\$40 Y Members, \$55 Program Participant
\$7 drop in class Y members; \$10 drop in class Program Participant
Register in the business office or call (414) 302-9622

Inner Light Yoga Studio, 9207 W. Center Street
Multiple class days and times
Fridays, 12pm-1:15pm
Divided by class members: \$129/ 60 minutes, \$149 /75 minutes, \$169/90 minutes
Instructor: A 200 hour registered yoga teacher
Register: Call Heather at 414-502-0856 or email innerlightyogastudios@gmail.com

West Allis

Updated May 2017

Rock Steady Boxing, 3730 W Greenfield Ave
Register: (262) 325-0272
Email: milwaukee@rsbaffiliate.com

West Bend

Kettle Moraine YMCA at River Shores
705 Village Green Way
Tuesdays/Fridays 1:30-3 pm, \$50 for YMCA members, \$60 for non-YMCA members
Instructor: Beth Dieringer & Anne Smith
Phone: (262) 306-6100

Whitefish Bay

Jewish Community Center
6255 North Santa Monica Boulevard
Friday's PD Dance 2:15-3:30pm,
Phone: Mona Coen at 414-964-4444

Northeast, Fox River Valley

Fish Creek

Door County YMCA
3866 Gibraltar Road
Tuesday/Thursday 10:30-12 pm, specific for Parkinson's, \$45 for YMCA members/month,
\$70/month for non-YMCA members
Instructor: Carol Ash, PT
Phone: (920) 868-3660

Fond du Lac

Family YMCA
90 W. 2nd Street
Tuesday/Thursday 10:15am-11:30am or 10:45-12:00
Instructor: Joel Mason and Martha Swift
Phone: Joel Mason (920) 921-3330 or email masonj@agnesian.com

Green Bay

Aurora BayCare Orthopedic & Sports Medicine Center
1160 Kepler Drive

Updated May 2017

Monday/Wednesday/Friday 10-11am
Instructor: Kelly Gerl
Fee: \$15/month for fitness center membership or \$5/class
Phone: (920) 288-4700

Aurora BayCare Orthopedic & Sports Medicine Center
1160 Kepler Drive
Third Tuesday every month from 10-11am
Class: Amp It Up!
Phone: (920) 288-4700

Oshkosh

Oshkosh Senior Center
200 N Campbell Road
Tuesday/Thursday 11-11:45 am
Instructor: Amanda Ubbelohde
Fee: \$2.50 for those who pay property taxes to Oshkosh, \$3.75 for non-Oshkosh residents, no charge for caregiver
Phone: 920-232-5310

Sheboygan

Aurora Sheboygan Memorial Medical Center
2629 N. 7th Street
Tuesday/Thursday 11:30-12:30
Instructor: Stacey Rooker
Fee: \$50/month
Phone: 920-451-5500

Sturgeon Bay

Door County YMCA, 1900 Michigan Ave
Tuesday/Thursday 2:15-3:15
Cost: \$45 for YMCA members/month, \$70/month for non-YMCA members
Instructor: Carl Grota, PT, Shawn Hanrahan, PTA
Register: YMCA 743-4949 or call Carl Grota 746-0410, carl.grota@ascension.org

West

La Crosse

UW La Crosse Physical Therapy Clinic- EXPAND Program
Address: 1725 State St.

Updated May 2017

Mondays/Wednesdays: 12pm-1pm, 2:15pm-3:15pm, 3:30-4:30 pm or 4:30-5:30 pm
Instructors: Physical Therapy students
Register: John at (608) 785-8461 or Erin at ehussey@uwlax.edu