



PARKINSON
FOUNDATION

Western
Pennsylvania

Western Pennsylvania Parkinson's Exercise and Activities Network (PEAN)

"If you have Parkinson's disease, exercise is even more important (than for those without)."

- National Parkinson Foundation

"Exercise is a realistic and practical way to fight Parkinson's disease."

- American Parkinson Disease Association

"Exercise is as important as medication for the management of Parkinson's disease."

- Parkinson Disease Foundation

Recent studies continue stress the necessity for regular exercise in managing the symptoms of Parkinson's disease. In addition to enhancing physical abilities, exercise improves cognitive functions, overall mood, a sense of well-being, and it helps decrease depression. For most people with Parkinson's disease, exercise is an important tool for managing the disease.

Participating in PEAN classes is a great way to help people overcome some of the most common excuses for not exercising such as "I don't know how to get started," "Exercise is boring or too hard," and "Exercise leaders don't understand people with Parkinson's disease." All the programs and classes in the Parkinson's Exercise and Activities Network provide a welcoming place to participate in professionally led classes, tailored to the needs of people with Parkinson's disease. Leaders and fellow participants provide the motivation and accountability that are critical to establishing and maintaining healthy new habits. The classes also provide a good venue for sharing information, experiences, and emotional support.

Have you been thinking about exercise but aren't quite sure how to start? Would you benefit from a dynamic group class to keep you motivated and continuing? Check out the various programs throughout the region. Locations and times are convenient with sites in communities around the region. All facilities are handicap accessible. Leaders are knowledgeable, energetic, and helpful. And best of all, classes are fun!

Check back with Parkinson Foundation Western PA regularly! New classes, programs, locations and participating organizations are being added all of the time.

412-837-2542 or info@pfpwa.org

Parkinson's Exercise Programs in Western PA

GZ Sobol Parkinson's Network – Foundations Class

GZSPN® Foundation class was created to help PWP improve their quality of life by restoring lost functions. It uses exercises that have been proven to help handwriting, gait, walking, rigidity, balance, posture etc. One of the keys to its success is to continuously raise the bar by progressing with more reps, holding pose's longer, moving to more advanced challenges etc.

Delay The Disease™

Ohio Health Delay the Disease™ is a fitness program designed to empower people with Parkinson's disease (PD) by targeting their symptoms and optimizing their physical function. This Parkinson's specific fitness program is designed to proactively minimize tremors and improve flexibility, stability, balance and strength. Classes include exercises to improve activities of daily living, like getting out of bed, getting off the floor, getting out of the car, getting out of the chair, dressing, freezing, posture, rigidity, moving about in crowds, and more.

Dance for Parkinson's

Dance for Parkinson's is modeled after Dance for PD®, a renowned program which is gaining popularity and support throughout the world. The program offers specialized dance classes accompanied for people with Parkinson's, their caregivers, family members and friends. Professional teaching artists from Pittsburgh Ballet Theatre integrate movement from modern, ballet, tap, folk and social dancing to engage participants' minds and bodies and create an enjoyable, social environment for artistic exploration. Dance for Parkinson's is appropriate for anyone with PD, no matter how advanced. No dance experience is required.

Rock Steady Boxing

People with Parkinson's disease can enhance their daily quality of life and even build impressive power, strength, flexibility and speed! By exercising with Coaches who know the ropes, you can fight your way out of the corner and start to feel and function better. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life.

PWR!

Dr. Becky Farley, PhD created Parkinson's Wellness Recovery! (PWR!) as the evolution of her original LSVT BIG® physical therapy program. Exercise moves performed in this class are the building blocks for everyday movement and are performed with large amplitude, high effort, and attention to action in multiple postures. You will learn how to use these functional PWR! Moves exercises to target each symptom that interferes with your everyday movement.

Parkinson's Wellness Program

This exercise program is a chair-based class which means the exercises are done (or can be modified to be done) from a seated position. Exercises include aerobic and resistance or strength training, stretching, balance, facial and voice exercises. The program is designed to challenge each participant without being overwhelming. These classes are most beneficial for those with moderate to severe symptoms and who have difficulty with balance and/or walking.

Pedaling For Parkinson's

This fast cadence (high revolutions per minute) indoor spinning class is based on the exercise research results that Dr. Jay Alberts, PhD has conducted at the Cleveland Clinic.



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Parkinson Exercise and Activities Network

Delay The Disease®

Bellevue

Monday/Wednesday/Friday
11:30 am – 12:30 pm

Parkinson Foundation Western PA

575 Lincoln Ave., Suite 101
Pittsburgh, PA 15202
412-837-2542

Susan Buhr, Exercise Leader

Sewickley

Tuesday/Thursday, 11:00 am – 12:00 pm

Sewickley Valley YMCA

625 Blackburn Rd.
Sewickley, PA 15143
412-741-9622 x 121

Adriane Stoner

South Hills

Tuesday/Thursday, 2:00 – 3:00 pm

Westminster Presbyterian Church

2040 Washington Rd
Upper St Clair, PA 15241

For info: 412-835-6630 x 200

Kathy Long

South Hills

Wednesday, 4:30 – 5:30 pm

Jefferson Hills Healthcare and Rehab Center

448 Old Clairton Rd.
Jefferson Hills, PA 15025
412-532-2721

Ruth Medwig and Sylvia DiSimone

Plum Boro

Thursday, 2:00 – 3:00 pm

Sampson Family YMCA

2200 Golden Mile Highway
Pittsburgh, PA 15239
724-327-4667

Coleen Bortz, Leader

Harmarville

Tuesday/Thursday, 1:00 – 2:00 pm

HealthSouth Harmarville

320 Guys Run Rd.
Pittsburgh, PA 15238

Casey Rodak
412-826-2739

casey.rodak@healthsouth.com

*Please call prior to participating

Beaver

Thursday, 11:00 am – 12:00 pm

Balance Health and Fitness

Center at the Mall - Beaver Valley Mall
570 Beaver Valley Mall Rt. 18

Monaca, PA 15061

412-607-3544

Duane Hardek

Aliquippa

Thursday, 3:30 – 4:30 pm

Beaver Elder Care and Rehab Center

616 Golf Course Rd.

Aliquippa, PA 15007

724-375-0345 x 109

Cranberry

Wednesday/Friday, 1:00 – 2:00 pm

Rose Schneider Family YMCA

2001 Ehrman Rd.

Cranberry Twp., PA 16066

724-452-9122 x 226

Kathy Hensler

Butler

Monday/Friday 2:30 – 3:30 pm

Butler YMCA

339 N Washington St.

Butler, PA 16001

724-287-4733

Aaron Hochmann

Updated August 2018

575 Lincoln Ave, Bellevue, PA 15202

Phone: 412-837-2542 Fax: 412-415-1275

Website: www.pfwpa.org

Meadville

Monday, 10:30 – 11:30 am
Wesbury Retirement Community
31 N. Park Ave.
Meadville, PA 16335
Greg Brink, 877-937-2879

Mercer

Monday/Wednesday/Thursday
4:00 – 5:00 pm – *Advanced Class*
Monday/Wednesday/Friday
10:00 – 11:00 am – *Intermediate Class*
11:00 am – 12:00 pm – *Beginners' Class*
Cool Springs Fitness
1051 East Cornell Rd.
Mercer, PA 16137
Carol Giangiordano, Leader, 724-662-1910

Indiana

Wednesday, 2:00 – 3:00 pm
Scenery Hill Manor (June – October)
680 Lions Health Camp Rd., Indiana, PA
Or Indiana YMCA (November – May)
60 N. Ben Franklin Rd., Indiana, PA
724-471-7187
Lindsey Sawyer or Mary Guignet
*Location varies per season – please call ahead

Kittanning

Monday/Wednesday 3:00 – 4:00 pm
Richard G Snyder YMCA
1150 N Water St.
Kittanning, PA 16201
724-545-9622
Robin Bowser and Carrie Burt

Brockway

Tuesday, 3:30 – 4:30 pm
Highland View Healthcare and Rehab Center
90 Main St.
Brockway, PA 15824
814-265-8265
Jessica Schuckers and Tera Painter

Punxsutawney

Thursday, 3:00 – 4:00 pm
Mulberry Square
411 West Mahoning St.
Punxsutawney, PA 15767
814-938-1176
MeriBeth Hetrick

Smethport

Tuesday, 2:30 – 3:30 pm
Lakeview Healthcare and Rehabilitation Center
15 West Willow St.
Smethport, PA 16749
814-887-5716
Jeremy Stiles

Tyrone

Monday, 4:00 – 5:00 pm
Epsworth Manor
951 Washington Ave.
Tyrone, PA 16686
814-684-0320 x 2543, Kent Long

Wellsboro

Wednesday, 3:30 – 4:30 pm
Carleton Healthcare and Rehabilitation Center
10 West Ave.
Wellsboro, PA 16901
570-724-2631
Keith Benjamin

Wheeling, WV

Wednesday, 5:30 – 6:30 pm
Peterson Rehabilitation and Geriatric Center
20 Homestead Ave.
Wheeling, WV 26003
304-234-0563
Betsy Myers

Grove City

Two 1 on 1 sessions/week
1 group class/week
Grove City YMCA
543 East Main Street Ext.
Grove City, PA 16127
For schedule information call Shelby Conn
724-458-9781

GZ Sobol's Foundations® Classes

Bellevue

Monday, 10:15 – 11:15 am
North Boroughs YMCA
629 Lincoln Ave.
Bellevue, PA 15202
412-761-1227
Jean Philpott

Delmont

Tuesday, 11:30 am – 12:30 pm

Fitness 1440

100 Center Ice Drive
Delmont, PA 15626
724-461-7124
Jamie Sibik

Greensburg

Monday/Thursday 1:15 – 2:15 pm

The Aerobic Center at Lynch Field

526 New Alexandria Road
Greensburg, PA 15601
724-834-2153
Marianne Anzovino

Plum Boro

Monday/Wednesday/Friday

10:30 – 11:30 am

Sampson Family YMCA

2200 Golden Mile Highway
Pittsburgh, PA 15239
724-327-4667
Coleen Bortz, Leader

Kennedy Township

Monday/Thursday, 3:30 – 4:30 pm

Western Area YMCA*

The Willows
32 Heckel Road
McKees Rocks, PA 15136
412-489-3231
Jill Cersosimo

Penn Hills

Tuesday/Thursday, 1:15 – 2:15 pm

Penn Hills YMCA*

11817 Frankstown Rd.
Pittsburgh, PA 15235
412-795-2600 or 412-744-1178
Nancy Phillips

Rock Steady Boxing®

Allison Park

Fit 4 Boxing Club

4706 William Flynn Highway (Route 8)
Allison Park, PA 15101
412-213-3584
Rich Mushinsky & Brett Burkhart, Trainers

Wexford

Tuesday/Thursday 11:15 – 12:30

Oxford Athletic Club

100 Village Club Dr., Wexford, PA 15090
412-585-6261
Maria Berexa & Kathy Gonano, Certified Trainers

North Versailles

Monday/Wednesday/Thursday/Friday

10:30-Noon

USS Fight Academy

1712 Lincoln Highway
North Versailles, PA 15137
412-609-1681
Livvy Cunningham, Certified Trainer

Tarentum

Legends of Pittsburgh Fitness

559 Pittsburgh Mills Circle
Tarentum, PA 15084
724-895-3560
Nick Lundberg

Johnstown

Fitness Weights and Aerobics Gym

200 Lincoln St., Johnstown, PA 15901
814-539-0164
Donnie Roebuck, Certified Trainer

Weirton

Monday/Wednesday 12:30 – 1:30

Weirton Millsop Community Center

3420 Main St., Weirton, WV 26062
304-797-5721
Holley Faulkner, Jr, Certified Trainer

Other Boxing for Parkinson's

Carnegie

Helping Overcome Parkinson's Everyday (H.O.P.E)

Wolfpack Boxing Club

1000 Gregg St., Carnegie, PA 15106
412-335-2419
Jeff Mucci and Marta Phelps, Certified Trainers

Morgantown

Pro Performance

308 Cheat Rd., Morgantown, WV 26058
304-365-0942
Jim Salai, Certified Trainer

*** YMCA Branches scheduled to close, please call first**

PWR!Moves™

Ligonier

Monday, 1:00 – 2:00 pm
Graceful Aging Wellness Center
135 Kalassay Drive
Ligonier, PA 15658
724-238-2142

Mt Lebanon

Sunday, 12:30 – 1:30 pm
Jewish Community Center
345 Kane Boulevard
Pittsburgh, PA 15243
412-278-1975
Steve Manns

Parkinson's Wellness Program

Scott Township

Tuesday/Thursday, 1:00 – 2:00 pm
Sterling Yoga & Wellness Center
393 Vanadium Road, Suite 201
Pittsburgh, PA 15243
412-260-0533
Sterling Painton, Exercise Leader

Dance for Parkinson's®

Pittsburgh Strip District

Monday, 2:30 – 3:30 pm
Pittsburgh Ballet Theatre
2900 Liberty Ave., Pittsburgh, PA 15201
412-454-9109
Dennis Robinson

Pedaling for Parkinson's

Sewickley

Friday, 10:15 – 11:00 am
Sewickley Valley YMCA
625 Blackburn Rd.
Sewickley, PA 15143
412-741-9622 x 121
Adriane Stoner

Uniontown

Monday/Wednesday/Friday
11:30 am – 12:30 pm
Uniontown Area YMCA
One YMCA Drive
Uniontown, PA 15401
724-438-2584
Pam George

Yoga

Aspinwall

Chair Yoga (for neurodegenerative disorders)
Friday, 5:30 – 6:30 pm
Therapeutic Yoga
Saturday, 8:30 – 9:45 am
Green Yoga
209 Commercial Ave., Suite A
Aspinwall, PA 15215
412-632-4013
Jackie Thomas, DPT, PYTc

Bellevue

Friday, 1:00 – 2:00 pm
Parkinson Foundation Western PA
575 Lincoln Ave., Suite 101
Bellevue, PA 15202
734-776-3158
Laura Mastrorocco, Yoga Instructor

Scott Township

Monday - Friday 11:30 am – 12:30 pm
Sterling Yoga & Wellness Center
393 Vanadium Road, Suite 201
Pittsburgh, PA 15243
412-260-0533
Sterling Painton, Yoga Instructor

Wexford

Brain Health Yoga
Monday/Thursday 2:00 – 3:00 pm
Oxford Athletic Club
100 Village Club Dr., Wexford, PA 15090
724-933-1911
Walt Gasiorowski, Yoga Instructor