

Broward County

*Body Couture Pilates and Fitness ([Rock Steady Boxing affiliate](#))

4368 North Federal Highway

Fort Lauderdale, FL 33308

Please call for the class schedule

Contact: Will Worthington at 954.494.9100 or fortlauderdale@rsbaffiliate.com

Rock Steady Boxing was created to empower people with PD and give them hope by improving their quality of life through a non-contact boxing based fitness curriculum.

**There is a fee for this class.*

*Holy Cross Outpatient Department

Physical Therapy Gym

4725 N Federal Highway

Fort Lauderdale, FL

Every Tuesday and Thursday from 1:30-2:10pm

Contact: 954.492.5738

*During this class you can expect cardiovascular and resistive circuit training exercises, group led stretches, balance and LSVT BIG exercises. *There is a fee for this class.*

*NSU Don Taft University Center

3301 College Avenue

Fort Lauderdale, FL 33328

Every Monday and Wednesday from 1:00-2:00pm

Contact: PT/OT Clinic at 954.262.4149

*The PD exercise group is led by a NSU Physical Therapist. The group is open to those in all stages of Parkinson's disease; most exercises, however, have been developed for people who are in the early-to middle-stage of PD. *There is a fee for this class.*

NSU Don Taft University Center

3301 College Avenue

Fort Lauderdale, FL 33328

Every Wednesday from 2:00-3:00pm

Contact: Lea Kaploun at 954.262.7707

The Speech Therapy/Support Group at NSU offers people living with PD strategies, exercises, and skills to help them preserve speaking and swallowing abilities.

Mind & Mobility

2655 E Oakland Park Blvd, #5

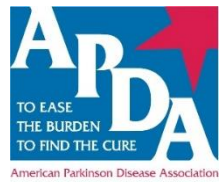
Fort Lauderdale, FL 33306

Every Wednesday from 4:00-5:00pm

Contact: Gina Zinglo at 954.630.3131 or gina@mindandmobility.com

This exercise class incorporates PWR!Moves®. PWR!Moves® is a PD-specific skill training program that maintains or restores skills that deteriorate and interfere with everyday movements. Sponsored by [Mind & Mobility](#).

APDA South Florida Chapter Health & Wellness Activities listing updated 1/30/2017
Questions: Contact Rebecca Hahessy at 954.952.0429 or Rahahessy@apdaparkinson.org



Lifecare of Florida
7777 North University Drive, Suite 101 South
Tamarac, FL 33321
2nd & Last Thursday from 2:00-3:00pm

Contact: Elisha Becker at 954.773.8314 or elisha.becker@lifecaretherapy.com

Live Large. This class uses high amplitude exercises specific for people diagnosed with Parkinson's disease. [Sponsored by American Parkinson Disease Association South Florida Chapter.](#)

Martin County

*Martin Health and Fitness at the Treasure Coast Medical Pavilion
3496 N.W. Federal Hwy.,
Jensen Beach, FL 34957
Every Tuesday and Thursday from 2:15-3:15pm
Contact: 772.223.5683

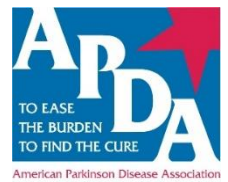
*Punch Out Parkinson's is based off the Rock Steady Boxing program. This class incorporates boxing with other exercises to improve strength, balance, mobility and quality of life for people with Parkinson's disease. *There is a fee for this class.*

*Martin Health & Fitness at Palm City
3066 S.W. Martin Downs Blvd.,
Palm City, FL 34990
Every Tuesday and Thursday from 2:15-3:15pm
Contact: 772.781.2722

*Punch Out Parkinson's is based off the Rock Steady Boxing program. This class incorporates boxing with other exercises to improve strength, balance, mobility and quality of life for people with Parkinson's disease. *There is a fee for this class.*

The Kane Center
900 SE Salerno Road
Stuart 34997
Every Thursday from 4:00-5:00pm
Contact: The Kane Center at 772-223-7800

Live Large. This class uses high amplitude exercises specific for people diagnosed with Parkinson's disease. [Sponsored by American Parkinson Disease Association South Florida Chapter.](#)



Palm Beach County

*Boca Ballet Theatre

7630 NW 6th Ave

Boca Raton, FL 33487

Every Monday & Thursday (Sept-May) from 1:00-2:30pm

Contact: Cindy Surman at 561.995.0709 ext. 226 or csurman@bocaballet.org

The BBT4PD program is based on the internationally-acclaimed Dance for PD® program and its methods. Dance for PD® classes allow people with Parkinson's disease (PD) to experience the joys and benefits of dance while creatively addressing symptom-specific concerns related to balance, cognition, motor skill, depression and physical confidence.

**There is a suggested donation for this class.*

Mind & Mobility

6018 SW 18th Street, #C11

Boca Raton, FL 33433

Please call for the class schedule

Contact: Andrea Rodney at 561.430.5345 or andrea@mindandmobility.com

This exercise class incorporates PWR!Moves®. PWR!Moves® is a PD-specific skill training program that maintains or restores skills that deteriorate and interfere with everyday movements. Sponsored by Mind & Mobility.

*Atlantic Therapy ([Rock Steady Boxing affiliate](#))

15200 Jog Road, Suite B8

Delray Beach, FL 33446

Please call for the class schedule

Contact: Jennifer Lowther at 561.495.7171 or atlantictherapy@rsbaffiliate.com

Rock Steady Boxing was created to empower people with PD and give them hope by improving their quality of life through a non-contact boxing based fitness curriculum.

**There is a fee for this class.*

*Beyond Fitness ([Rock Steady Boxing affiliate](#))

5848 West Atlantic Ave, Unit 141

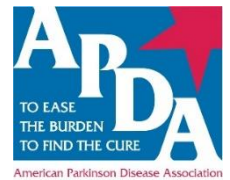
Delray Beach, FL 33484

Please call for the class schedule

Contact: Colleen Sturgers at 561.441.4444 or info@beyondfitnessdelray.com

Rock Steady Boxing was created to empower people with PD and give them hope by improving their quality of life through a non-contact boxing based fitness curriculum.

**There is a fee for this class.*



***Beyond Fitness NEW**

5848 West Atlantic Ave, Unit 141

Delray Beach, FL 33484

Classes begin February 2 from 11:45am-12:45pm | 10 week program

Contact: Judith Simon at 561.921.0550 or Judith.simon@brightstar.com

*Dancing with the Stars for Parkinson's and Alzheimer's. *\$10.00 donation for each session.*

Delray Medical Center

5352 Linton Blvd

Delray Beach, FL 33484

4th Monday from 4:30-5:30pm

Contact: Elisha Becker at 954.773.8314 or elisha.becker@lifecaretherapy.com

Learn techniques and tips to strengthen your vocal ability in a supportive group setting.

Sponsored by American Parkinson Disease Association South Florida Chapter.

Jupiter Community Center

200 Military Trail

Jupiter, FL 33458

2nd & 4th Friday from 1:00-2:00pm

Contact: Elisha Becker at 954.773.8314 or elisha.becker@lifecaretherapy.com

Live Large. This class uses high amplitude exercises specific for people diagnosed with Parkinson's disease.

Sponsored by American Parkinson Disease Association South Florida Chapter.

***Title Boxing Club ([Rock Steady Boxing affiliate](#))**

4230 Northlake Blvd

Palm Beach Gardens FL, 33410

Please call for the class schedule

Contact: Scott Lewis at 561.427.2034 or cubelewis@gmail.com

Rock Steady Boxing was created to empower people with PD and give them hope by improving their quality of life through a non-contact boxing based fitness curriculum.

**There is a fee for this class*

***Royal Palm Beach Cultural Center**

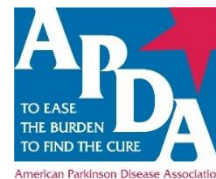
151 Civic Center Way

Royal Palm Beach, FL 33411

Every Monday & Wednesday from 10:30-11:30am

Contact: Bernice Weber at 561.798.7798

*Enjoy exercises geared towards people with Parkinson's disease. *There is a fee for this class.*



Saint Lucie County

Harbor Place

3700 SE Jennings Road

Port St. Lucie, FL 34952

3rd Tuesday from 2:30-3:30pm

Contact: Elisha Becker at 954.773.8314 or elisha.becker@lifecaretherapy.com

Live Large. This class uses high amplitude exercises specific for people diagnosed with Parkinson's disease. [Sponsored by American Parkinson Disease Association South Florida Chapter.](#)