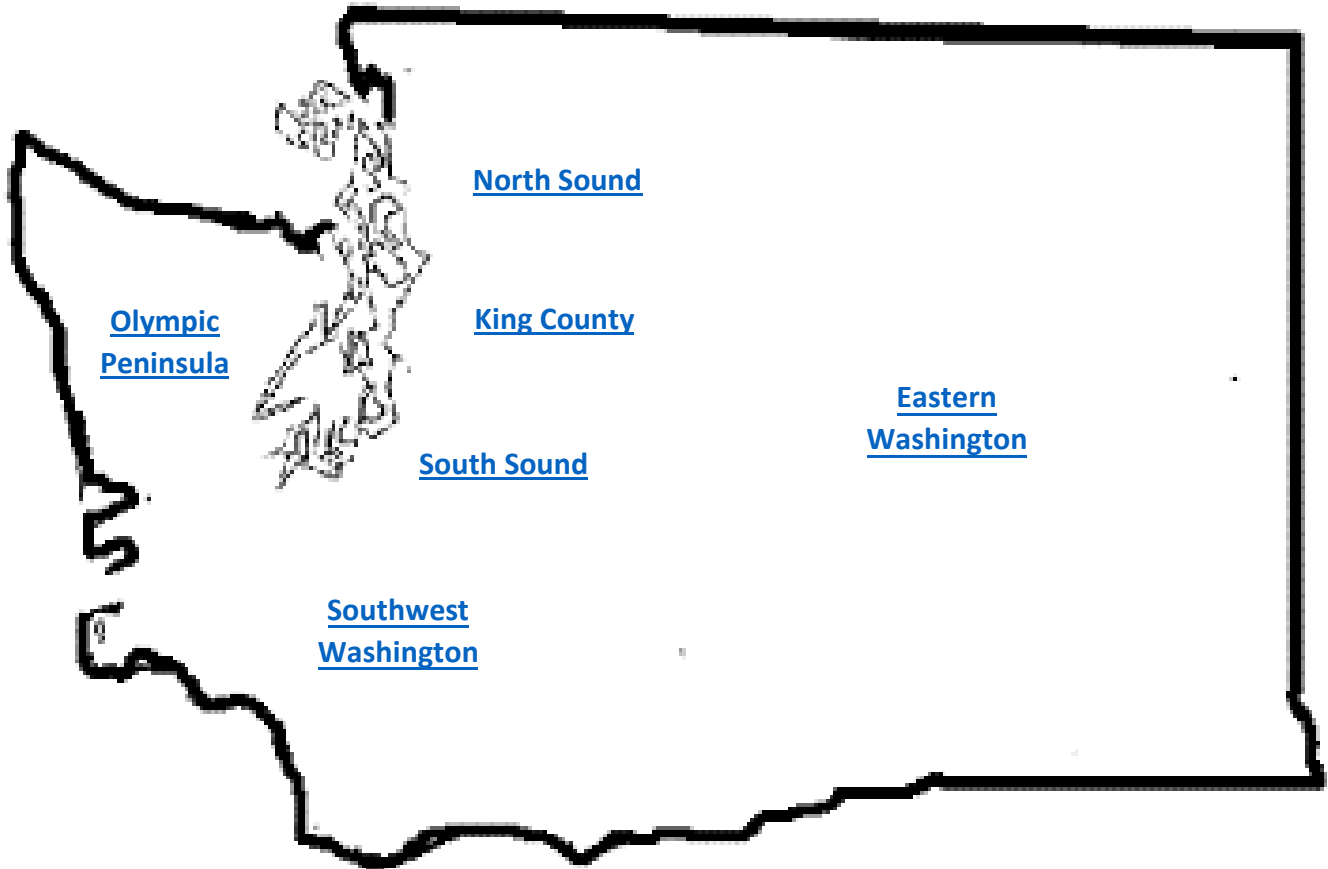


Please Select the Region

Please note: For more information about a program contact the person listed as the contact.



****If you are involved in a program that is not listed, please let us know!**

KING COUNTY

County-wide	In-Home, PD-specific Personal Training Services	Personal Training	Lisa Stuebing, Certified Personal Trainer MudPuddleFitness.com 206-524-6788, coachlisa@mudpuddlefitness.com
Bellevue	Music Works Northwest 1331 118th Avenue SE #400, Bellevue, WA 98005	Choir for Parkinson's	info@judith-spencer.co.uk
Bellevue	Elite BJJ Factoria 13222 SE 30th Street #A-4, Bellevue, WA 98005	Rock Steady Boxing	720.772.7320 seattle@rsbaffiliate.com, www.rocksteadyboxingseattle.com
Bellevue	Bellevue Aquatic Center 601 143rd Ave NE Bellevue, WA 98007	Nurturing Water Therapies	425-429-6706, www.nurturingwatertherapies.org/contact-us
Bellevue	Online OR Bel-Red Medical Bldg 15650 NE 24th, Suite C3 Bellevue, WA	Feldenkrais for Parkinson's	425-641-4779, info@movebeyondlimits.com, www.movebeyondlimits.com
Bellevue	Bellevue Family YMCA 14230 Bel-Red Rd Bellevue, WA 98007	Pedaling for Parkinson's	Anne McDowell at 425-990-6973, amcdowell@seattleyymca.org
Bellevue	Bellevue Christian Reformed Church 1221 148th Avenue Northeast Bellevue, WA 98007	Tremolos: Choir for Parkinson's	judi4tulips@gmail.com 425-363-2910
Bothell	Northshore Family YMCA, 11811 NE 195th St Bothell, WA 98011	Pedaling for Parkinson's	Kirsten Poma at 425-485-9797 ext. 8020, kpoma@seattleyymca.org
Bothell	Bothell Northshore Senior Cntr, 10201 E Riverside Dr. Bothell, WA	Yoga for Parkinson's Bothell	Peter Lynch, 206-719-8007, thagrdnr@yahoo.com
Des Moines	Des Moines Senior Center, 2045 S. 216th St, Des Moines, WA 98198	Dance for PD Des Moines	206-878-2066, www.nwpcf.org/participate
Duvall Updated!	14720 1 st Lane NE Duvall, WA 98109	Rock Steady Boxing	Rock Steady Puget Sound 425-508-1696, snoqualmievalley@rsbaffiliate.com
Issaquah	Issaquah Conference Center, Swedish First Floor Flex Space, 751 NW Blakely Dr Issaquah, WA 98029	Dance for PD Issaquah	206-748-9481, www.nwpcf.org/participate
Kirkland <i>New Listing!</i>	Northwest Fighting Academy 17519 NE 67 th Court Redmond, WA 98052	Rock Steady Boxing	425-761-0132, Email: pugetsound@rsbaffiliate.com

Kirkland	Peter Kirk Community Center, 352 Kirkland Avenue Kirkland, WA 98033	Dance for PD Kirkland	425-899-3000, www.evergreenhealthcare.org
Kirkland	Evergreen Hospital, DeYoung Pavillion, 2nd Floor 12039 NE 128th St Kirkland, WA 98034	From the Ground Up- Strength Training and Flexibility	425-899-1000, http://www.evergreenhealthcare.org/neurological-classes
Mercer Island	Stroum Jewish Community Cntr 3801 E Mercer Way Mercer Island, WA 98040	Nurturing Water Therapies	425-429-6706, www.nurturingwatertherapies.org/contact-us
Mercer Island	Mercer Island Community Cntr, 8236 SE 24th Street Mercer Island, WA 98040	Parkinson's Exercise Class	Debbie Hanson, 206-236-3545
Seattle <i>new listing</i>	The Parkinson's Fitness Project 106 Lakeside Ave Seattle, WA 98122	PWR!Moves A.M.P	The Parkinson's Fitness Project Nate Coomer 304-506-3876 https://theparkinsonsfitnessproject.com/
Seattle <i>New listing</i>	Rock Steady – North Seattle MKG Seattle 10714 5th Ave NE Seattle, WA 98125	Rock Steady Boxing	Rock Steady Boxing Seattle North Contact Jodi or Donovan Loomis P) 206-291-3149 W) rsboxingseattlenorth.com E) seattlenorth@rsbaffiliate.com
Seattle <i>New listing</i>	Phinney Neighborhood Center 6532 Phinney Ave N. Seattle, WA	Power Forward Boot Camp	Remix Workouts Frances: 206-367-4896 info@remixworkouts.com www.remixworkouts.com/parkinsons
Seattle	Outdoors for All Cycling Center, Magnuson Park. 6344 NE 74th St, Suite 102, Seattle, WA 98115	Adaptive Cycling – RENTALS Tandem Cycling Classes	206-838-6030 ext. 217, sararamsay@outdoorsforall.org
Seattle	Phinney Neighborhood Center, blue building, Room 2. 6532 Phinney Ave N Seattle, WA	Partner Dancing for People with Parkinson's	Max Kepler, 425-522-2481, dancekepler@gmail.com
Seattle	Northwest Hospital Campus, Medical Arts Building 1530 N 115th St. Suite #112, Seattle WA 98133	Yoga for Parkinson's Seattle	Peter Lynch, 206-719-8007, thagrdnr@yahoo.com
Seattle	South Park Senior Center 8201 10th Avenue S, Suite 4 Seattle, WA	Yoga for Parkinson's Seattle	Peter Lynch, 206-719-8007, thagrdnr@yahoo.com

Seattle	Downtown YMCA, 909 4th Ave, Seattle, WA 98104	Pedaling for Parkinson's	Courtney Stoffel at 206-223-1621, cstoffel@seattleyymca.org
Seattle	Downtown YMCA 909 4th Ave Seattle, WA 98104	Bigger, Faster, Stronger	Courtney Stoffel at 206-223-1621, cstoffel@seattleyymca.org
Seattle	Downtown YMCA 909 4th Ave Seattle, WA 98104	Enhance Fitness	Courtney Stoffel at 206-223-1621, cstoffel@seattleyymca.org
Seattle	Garfield Community Center, 2323 E Cherry St, Seattle, WA 98122	Dance for PD Seattle	206-748-9481, www.nwpcf.org/participate
Seattle	Arcaro Boxing Gym 1208 E Jefferson	KO Parkinson - Boxing	206-250-3655 koparkinsons@arcaroboxing.com
Seattle	Greenwood Senior Center 525 N 85th St Seattle, WA 98103	Taiji (Tai Chi) for Parkinson's	Karin Collins, 206-898-5048, karin@karincollins.com
Seattle	Courtyard and Christwood, 19327 Kings Garden Drive N, Seattle, WA 98133	Song Shine Vocal Strengthening	Jennie Holland, 206-794-9771
Seattle	Vary by Appointment	Music Therapy	info@pnwmusictherapy.com
Shoreline	Dale Turner Family YMCA, 19290 Aurora Ave N, Shoreline, WA 98133	Pedaling for Parkinson's	Sean Klever, 206-509-7007, jmk51@1.com
Vashon	Island Yoga Center, 17520 Vashon Hwy SW, Vashon, WA 98070	Yoga for Parkinson's and Multiple Sclerosis	206-463-2058, www.islandyogacenter.com

OLYMPIC PENINSULA

Chimacum	Tri-Area Community Center 10 W Valley Rd Chimacum, WA 98325	Dance for Parkinson's	Corrie Befort at 206-910-3017
Gig Harbor	Gig Harbor YMCA, 10550 Harbor Hill Dr NW, Gig Harbor, WA 98332	Pedaling for Parkinson's	Camille Haugan at 253-534-7865, chaugan@ymcapkc.org
Gig Harbor	Gig Harbor YMCA, 10550 Harbor Hill Dr NW, Gig Harbor, WA 98332	Tai Chi for Parkinson's	253-853-9622

Port Angeles	Sons of Norway, Scandia Hall 131 W. 5th Street Port Angeles, WA 98362	Dance for PD	Kayla Oakes kdoakesclan@gmail.com or Darlene Jones at 360-457-5352, djones@olympen.com
Sequim	145 E Washington, Sequim, WA 98382	Rock Steady Boxing Sequim	Kevin Pedrey, 360-477-8553, sequim@rsbaffiliate.com

SOUTH SOUND

Gig Harbor	Gig Harbor YMCA, 10550 Harbor Hill Dr NW, Gig Harbor, WA 98332	Pedaling for Parkinson's	Camille Haugan at 253-534-7865, chaugan@ymcapkc.org
Gig Harbor	Gig Harbor YMCA, 10550 Harbor Hill Dr NW, Gig Harbor, WA 98332	Tai Chi for Parkinson's	253-853-9622
Lacey	Lacey Senior Center, 6757 Pacific Ave SE, Lacey, WA	Move it!	260-407-3967, www.southsoundseniors.org
Lacey	First United Methodist Church 1224 Legion Way	PD Power Up! PD Move It!	206-688-1865 Pdmoveit@yahoo.com
Olympia	Olympia Senior Center Center, 222 Columbia Street NW, Olympia, WA 98501	Tai Chi for Parkinson's	360-586-6181, www.southsoundseniors.org
Olympia	Olympia Senior Center Center, 222 Columbia Street NW, Olympia, WA 98501	Parkinson's Music Therapy	360-586-6181, www.southsoundseniors.org
Puyallup	Life Care Center of Puyallup, 511 10th Ave SE, Puyallup, WA 98532	Parkinson's Exercise Group	253-845-7566
Puyallup	Life Care Center of Puyallup, 511 10th Ave SE, Puyallup, WA 98532	Yoga for Parkinson's	253-845-7566
Tacoma	Metro Parks Star Center, 3873 S 66th St, Tacoma, WA 98409	Ballroom Dance for Parkinson's	Rob, call 253-404-3939 to schedule
Tacoma <i>New Listing!</i>	Tacoma Lutheran Retirement Home	Music Therapy for Parkinson's	Megumi Azekawa, 253-448-1400 PugetSoundMusicTherapy.com/MTXPD

NORTH SOUND

Anacortes	901 Third Street, Anacortes WA 98221	Dance for PD Anacortes	Glynn Goff, 360-299-8447, dance@fidalgodanceworks.org , www.Fidalgodanceworks.org
Arlington – <i>new listing!</i>	14215 101st Ave NE Arlington, WA 98223	Summers Parkinson's Fight Club	Bret Summers 14215 101st Ave NE Arlington, WA 98223 425-760-0742 Summersboxing29@gmail.com
Bellingham	Ballet Bellingham, 1405 Fraser St. Suite 103, Bellingham, WA	Dance for PD	360-510-4711, kuntzpam@gmail.com
Bellingham	YWCA Ballroom, 1026 N Forest St., Bellingham, WA 98255	Tai Chi for PD and other Neurological Disorders	Lee Willis 360-734-4308
Bellingham	Bellingham YMCA 1256 N State St Bellingham, WA	Pedaling for Parkinson's	Tammy Bennett tbennett@whatcomymca.org or 360-733-8630
Blaine	Blaine Taiji Academy, 690 Georgia St, Blaine, WA 98230	Balance Class	Guo Cheng 360-332-1435, black92619@aol.com
Clinton <i>new listing</i>	Solid Stone Boxing Gym Ken's Korner Shopping Mall	Ropa-Dopas Boxing Class for PD	Dakota Stone solidstoneboxing@outlook.com Phone: 360.341.2292
Everett	Mill Creek Family YMCA, 13723 Puget Park Drive, Everett, WA 98208	Pedaling for Parkinson's	Brooke Mitchell: 425-357-3033 bmitchell@ymca-snoco.org Or Lisa Salsbery
Lynnwood	Center for Healthy Living, 4100 Alderwood Mall Blvd. Ste. 1, Lynnwood, WA 98036	Dance for PD Lynnwood	206-748-9481, www.nwpcf.org/participate
Lynnwood	Center for Healthy Living, 4100 Alderwood Mall Blvd, Lynnwood, WA 98036	Elderwise Watercolor-Plus Program	to register contact: khartelius@sssc.org, 425-290- 1268 OR mollia@elderwise.org, 206.774.6606
South Snohomish County <i>new listing</i>	In-Home, PD-specific Personal Training Services	Personal Training	Lisa Stuebing, Certified Personal Trainer MudPuddleFitness.com 206-524-6788, coachlisa@mudpuddlefitness.com

SOUTHWEST WASHINGTON

Vancouver	SW Washington Medical Center Memorial Campus, 100 E 33rd St, Vancouver, WA	Parkinson's Movement Class	800-426-6806, www.parkinsonsresources.org
Vancouver	The Quarry Senior Living, Sunstone Studio, 2nd Floor, 415 SE 177th Ave, Vancouver, WA	Parkinson's Fitness	360-944-6000, clauder@thequarryliving.net
Vancouver	Touchmark at Fairway Village, 2927 SE Village Loop, Vancouver, WA 98683	Power for Parkinson's	360-433-6400, www.touchmark.com
Vancouver	Touchmark at Fairway Village, 2927 SE Village Loop, Vancouver, WA 98683	Tai Chi for Better Balance	360-433-6400, www.touchmark.com
Vancouver	YMCA of Columbia-Willamette, Vancouver, WA	Power Forward for Parkinson's	503-223-9622

EASTERN WASHINGTON

Spokane	Gonzaga University 1108 North Pearl Street Spokane, WA	Dance for Parkinson's	509-473-2490, center@spokaneparkinsons.org, http://www.spokaneparkinsons.org/participate-2/
Spokane	Parkinson's Resource Center 613 S Washington, ste 105 Spokane, WA	Tai Chi for Parkinson's	509-443-3361
Spokane	Central YMCA 930 N Monroe Spokane, WA 99201	Pedaling for Parkinson's	509-777-9622 YMCAspokane.org
Spokane	Parkinson's Resource Center 613 S. Washington, Ste 104 Spokane, WA 99204	Spokane Tremble Clefs	Walt Jakubowski (509) 448-3535 or the PRC (509) 443-3361
Spokane	Parkinson's Resource Center 613 S Washington, ste 105 Spokane, WA	Music Therapy: Body, Mind, and Spirit	509-473-2490, center@spokaneparkinsons.org

Spokane - <i>new listing</i>	Touchmark on South Hill 2929 S Waterford Drive Spokane, WA 99203	PWR! Moves Agility Training	Lori McCormick, PT Director of Fitness 509-536-2929 ljm@touchmark.com
Wenatchee	1405 North Tacoma Avenue Wenatchee, WA, 98801	Rock Steady Boxing	Rich Pratt, 509-795-0831, wenatchee@rsbaffiliate.com