

| City | Address | What | Contact |
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| Boise | Ballet Idaho, 501 S 8th St., Boise, ID 83702 | Dance for Parkinson's | 832.-594-7887, danceforparkinsonsidaho@gmail.com |
| Boise | St. Luke's Rehabilitation, 703 S Americana Blvd, Boise, ID 83702 | Parkinson's Exercise Class | David Farris, 208-385-3268 |
| Boise | Downtown YMCA, West YMCA | Tai Chi and Fall Prevention | Mary Biddle-Newberry 208.344.5502 ext. 276 mary.biddle@ymcavidaho.org www.ymcatvidaho.org/program/moving-for-better-balance/ |
| Boise | Boise YMCA, Caldwell YMCA, Downtown YMCA, West YMCA | Artist in Residence | Mary Biddle-Newberry 208.344.5502 ext. 276 mary.biddle@ymcavidaho.org |
| Coeur d'Alene | Silver Lake Mall Community Room, 200 W Hanley, Coeur d'Alene Every Thursday at 10am | Singing for Wellness and Joy *sponsored by APDA | Carla Carnegie 509-592-7875 carla.carnegie@gmail.com |
| | Silver Lake Mall 1st & 3rd Thursday of every month | Tai Chi | Beth Hatcher 208-635-5243 |
| | Silver Lake Mall 2nd & 4th Thursday of every month | Nia Movement Classes | Beth Hatcher 208-635-5243 |
| Eagle | Eagle Performing Arts Ctr 1125 E State Street Eagle, ID 83616 | Dance for Parkinson's | 832-594-7887 danceforparkinsonsidaho@gmail.com |
| Meridian | 501 E Scenery Lane Meridian, ID 83642 | Rock Steady Boxing | 208-887-1700 www.elementalathletix.com |
| Nampa | St Luke's Elks Rehab Hospital, 1709 Caldwell Blvd, Nampa, ID 83651 | Parkinson's Exercise Class | Lou Levy, 208-489-4480 |

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| Twin Falls | St Luke's Elks Rehab Center, 801 Pole Line Road, Medical Plaza, Suite 202, Twin Falls, ID 83301 | Parkinson's Exercise Class | Miranda Austin, 208-814-2570, www.stlukeselksrehab.org |
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| ONLINE | Webclass | Feldenkrais for Parkinson's | 425-641-4779, info@movebeyondlimits.com, www.movebeyondlimits.com |
| ONLINE | Webclass | The Daily Dose Weekly Neurofitness Training classes offered online | https://theparkinsonsfitnessproject.com/ |