

North Central Region

Adams, Florence, Forest, Green Lake, Iron, Langlade, Lincoln, Marathon, Marquette, Menominee, Oneida, Portage, Price, Shawano, Vilas, Waupaca, Waushara and Wood counties.

Marshfield – Support group

Wesley United Methodist Church, 205 South Maple Street, Marshfield, WI 54449

3rd Thursday at 1pm

Contact: Marilyn Seidl-Kramer 715-305-8224

Marshfield – Caregiver respite center

Marshfield Area Respite Care Center (MARCC) Wesley United Methodist Church, 205 E 3rd Street, Marshfield, 54449

715-384-8478

Minocqua – Support group

Ascension Lutheran Church, Highway 51 South, Minocqua, WI 54548

2nd Tuesday at 10am-12pm

Contact: Norma Semling 715-545-3414

Shawano – Parkinson's exercise class

Total Fitness, 116 North Main St, Shawano, WI 54166

Monday-Friday call for times

Contact: Jean Darling, PT 715-526-2899 shawanototalfitness@gmail.com

*ask about Silver Sneaker classes too

Stevens Point – Support group

Portage County Lincoln Senior Center, 1519 Water Street, Stevens Point

Call for dates. Meetings at 1pm. *Available on Zoom as well

Contact: 715-346-1401

Stevens Point – Movement & Music Parkinson's Exercise Class *Virtual

Thursdays 1:30-2:30

Instructor: Lucy Scott

To register: Mary Wood 414-430-3561

Waupaca – Support group

TheDaCare Medical Center, 902 Riverside Dr, Waupaca, WI 54981

3rd Wednesday at 2pm

Contact: Patrick Pelkey 920-538-0144

Wausau – Support group

Faith Lutheran Church

3rd Thursdays at 1:00

Contact: Lori Prochnow 842-1750 ext. 306 or wlppark@gmail.com

Wausau – Move Better Exercise Class

Woodson YMCA, 707 Third St., Wausau, WI 54403

7-week session starts week of April 22

Mondays - All Levels - 1 - 2pm

Wednesdays - Returning participants - 1 - 2pm

715-845-2177

Wautoma – Rock Steady Boxing

Wautoma Fitness 24/7, 480 S. Townline Road, Wautoma, WI 54982

Call for times

Contact: Carol Clark 920-787-5207 or 920-787-1011

Northeast Region

Brown, Calumet, Door, Fond du Lac, Kewaunee, Manitowoc, Marinette, Oconto, Outagamie, Sheboygan and Winnebago counties.

Appleton - Parkinson's Support Group

Touchmark on West Prospect

2601 Touchmark Dr Appleton, WI 54914

Third Thursday @ 2:30 pm – Garden Dining Room

(920) 832-9100

Appleton - Early Onset Parkinson's Support Group

Touchmark on West Prospect

2601 Touchmark Dr Appleton, WI 54914

Second Thursday @ 6pm – Chapel/Multipurpose Room

Margaret Kaspar: 920-915-5488

Michele Wuest: 920-312-1555

Bruce Piette: brucepiette@gmail.com

Appleton – Rock Steady Boxing Level I & II

Touchmark on West Prospect

2601 Touchmark Dr Appleton, WI 54914

Mondays & Wednesdays @ 1 or 3 pm – Health & Fitness Studio

(920) 225-1032 for assessment/info

Appleton - PWR! Parkinson's Wellness Recovery

Touchmark on West Prospect
2601 Touchmark Dr Appleton, WI 54914
Tuesdays @ 1pm – Health & Fitness Studio
(920) 225-1032 for assessment/info

Appleton - Empowered by Movement – Exercise Class

Touchmark on West Prospect
2601 Touchmark Dr Appleton, WI 54914
Thursdays @ 1pm – Health & Fitness Studio
Contact Lisa Pritzel
<https://empowermentdance.com/classes/empowered-by-movement/>

Fond du Lac – Parkinson's exercise class

Fond du Lac Family YMCA, 90 W. 2nd Street, Fond du Lac, WI
Tuesday and Thursday 10:15am-12noon
Instructor: Joel Mason and Martha Swift
Contact: Joel 920-921-3330 or masonj@agnesian.com

Fond du Lac – Dance

Fond du Lac Senior Center, 151 East 1st Street, Fond du Lac, WI
2nd Tuesday at 1:00
Lori Anderson 920-906-4792

Fond du Lac – Movement & Music Parkinson's Exercise Class

Fond du Lac Senior Center, 151 E 1st St., Fond du Lac, WI 54935
2nd & 3rd Tuesday 2:00-3:00
Instructor: Kate Mann katemann2606@gmail.com

Green Bay – Parkinson's Mobile & Fit

Aurora BayCare Orthopedic & Sports Medicine Center, 1160 Kepler Drive, Green Bay, WI 54311
920-288-5491 *Must call for a free consultation before class

Green Bay- Exercising with Parkinson's

YMCA East Side Branch 1740 Huron Road
Tuesdays & Thursdays at 9:00
*Spouse/ Care partner has free weekly access to the Y during program time
Contact 920-436-1253 or Katie.mandell@greenbayymca.org

Green Bay – Rock Steady Boxing

Western Racquet & Fitness Club, 2500 S. Ashland Ave, Green Bay, WI 54304

Monday, Wednesday and Friday at 1:30pm

920-497-1161 or westernracquet@rsbaffiliate.com

Green Bay – Empowered by Movement

Western Racquet & Fitness Club, 2500 S. Ashland Ave, Green Bay, WI 54304

Tuesdays from 1:30 – 2:45pm

920-737-1140 or lisa@empowermentdance.com

Green Bay – Support group

Brown County Aging and Disability Resource Center, 300 South Adams Street

2nd Wednesdays at 3 pm

920-448-4300

Green Bay – Support group

Saints Edward and Isidore Parish, 3667 Flintville Road, Green Bay, WI 54313

3rd Tuesday of every month at 1-2:30 pm

Contact: Carol Mueller, RN at 920-865-7844

Kiel – Movement & Movement Parkinson’s Exercise Class

Kiel Community Center, 510 3rd St., Kiel, WI, 53042

Mondays 1:00-2:00

Instructor: Michelle Jens

To Register: Missy Brandt 920-894-7861 or missy.brandt@kielwi.gov

Kimberly– Pedaling for Parkinson’s

Heart of the Valley YMCA, 225 W Kennedy Ave, Kimberly WI 54136

Tuesdays and Thursdays 11 am – 12 pm

Fee: \$45 (member) \$60 (non-member) for 8-week program

Contact: Paula Beyer 920-830-5700

Manitowoc – Exercise class

Manitowoc Two Rivers YMCA, 205 Maritime Drive, Manitowoc, WI 54220

Contact: Candy Ruffolo 920-482-1578 cruffolo@mtrymca.org or Krystel Otto 920-482-

1523 kotto@mtrymca.org

*Class options change regularly, check the website or call to view current class schedules

Manitowoc – Exercise class

1650 South 41st Street, Manitowoc, WI 54220
Monday & Thursday at 12:30 and 1:30
Contact: 920-320-4600

Marinette – Support group

Harbors Retirement Community, 1110 10th Avenue, Menominee, MI 49858 (across the river from Marinette)
3rd Thursday at 10-11:15am
Contact: Pat Ihler 906-863-9445 or the front desk at 906-863-3300

Neenah – Support group

Neuroscience Group (2nd Floor Classroom), 1305 W. American Drive, Neenah, WI 54956
4th Thursday at 2-4pm
Contact: Patrick Pelkey 920-538-0144

Oshkosh – Rock Steady Boxing

Oshkosh Community YMCA, 3303 West 20th Avenue, Oshkosh, WI 54901
Monday and Wednesdays at 9:30-10:45am
920-230-8439

*They also host a support group for people with PD and caregivers that meets quarterly, call for details.

Sheboygan – Support group

Manitowoc Senior Center, 4612 Hunter’s Glen Drive, Sheboygan, WI 53803
Support groups times/dates subject to change
Call Cathy Hughes 920-287-1514 or Burt Hughes 920-889-2293

Sturgeon Bay – Parkinson’s exercise class

Door County YMCA, 1900 Michigan Avenue, Sturgeon Bay, WI 54325
Tuesday and Thursday at 2:15-3:15pm
Contact: YMCA 743-4949

Sturgeon Bay – Support group

Sturgeon Bay United Methodist Church, 836 Michigan Street, Sturgeon Bay, WI 54325
2nd Wednesdays at 1:00
Contact: Carol Moellenberndt 920-743-3476

Northwest Region

Ashland, Barron, Bayfield, Buffalo, Burnett, Chippewa, Clark, Douglas, Dunn, Eau Claire, Jackson, Pepin, Pierce, Polk, Rusk, Sawyer, St. Croix, Taylor, Trempealeau and Washburn counties.

Chippewa Falls – Support group

Trinity United Methodist Church, 501 West Central Street, Chippewa Falls, WI
1st Wednesday at 1:30pm & Dance every Thursday at 11:00
Contact: Ursula Whelan 715-723-3726 or Dianne Wilson 715-861-4169

Chippewa Falls – Movement & Music Parkinson’s Exercise Class

In-person & virtual
Trinity United Methodist Church, 201 W central St, Chippewa Falls, WI, 54729
Thursdays 11:00-12:00
Instructor: Ellen Dovre ellendovre@gmail.com

Clear Lake – Rock Steady Boxing

Clear Lake Physical Therapy and Rehab, 417 3rd Ave, Clear Lake, WI 54005
Call for class times
Contact: 715-263-4103

Duluth, MN – Yoga for Parkinson’s

5628 Grand Ave
Class schedule varies, call for details
Teresa inharmony.life@gmail.com 218-391-8778

Eau Claire – Support group

UW Eau Claire Human Science and Services Room 177
3rd Tuesday at 1-3pm
Contact: Jamie Wright 715-717-3147

Eau Claire – Lewy Body caregiver support group

Porter Place, 14 Porter Ave.
2nd Wednesday at 6-8pm
Contact: Amy Lokken 715-379-3148

Menominee – Support group

Harbors Retirement Community, 1110 10th Avenue, Menominee, MI 49858 (across the river from Marinette)
3rd Thursday at 10-11:15am
Contact: Pat Ihler 906-863-9445

Webster – Caregiver support group

Location alternates between Webster and Grantsburg every other month
Larsen Family Public Library, 7401 Main Street W, Webster WI 54893
4th Thursday at 2-3pm
Contact: Bev Sandberg 715-220-3193

Southeast Region

Kenosha, Milwaukee, Ozaukee, Racine, Walworth, Washington and Waukesha counties.

Brookfield – Boxing

Wisconsin Athletic Club (WAC), 20075 Water Tower Blvd, Brookfield, WI 53045
Tuesday at 1
262-544-4111

Brookfield – Support group

Badger Hospice 125 N Executive Dr.
1st Thursday at 2:00pm
Contact: 414-312-6990

Brown Deer – Parkinson’s exercise class

Rite Hite YMCA, 9250 N. Green Bay Road, Brown Deer, WI 53209
Monday and Wednesday 1:30-3pm
Contact: Paolina Palmisano ppalmisano@ymcamke.org (414) 357-2854

Brown Deer – Parkinson’s Boxing class

Rite Hite YMCA, 9250 N. Green Bay Road, Brown Deer, WI 53209
Fridays 2:00-2:45
Contact: Josh Conlon jconlon@ymcamke.org (414) 357-2809

Burlington – Movement & Music Exercise Class

Burlington Senior Center, 587 E State St, Burlington, WI, 53105
Thursdays 1:30 pm
Instructor: Mary Wood 414-430-3561

Cedar Grove – Support group

First Reformed Church
4th Monday of each month from 6:30-8pm
Contact: Barb Skutka 920-889-9154 or BSkutka@wi.rr.com
*Serves Sheboygan and Ozaukee Counties

Cudahy – Movement & Music Parkinson’s Exercise Class

Cudahay Senior Center, 6100 S Lake Dr, Cudahay, WI 53110

Franklin and Muskego – Parkinson’s exercise class

Franklin High School (Multi-Purpose Room), 8222 South 51st Street, Franklin, WI 53132

Wednesday 4-5PM [MORE INFO](#)

Instructor: Mary Spidell 414-430-3561

Fee: \$32 Franklin Residents / \$48 Non-Resident

Contact: [Online](#) or call Franklin Community Education & Recreation Dept. 414-423-4646

Greenfield – Combat PD

Wisconsin Athletic Club, 5020 S. 110th Street, Greenfield, WI

Thursdays 10:30am

414-427-6500

Hartland – Rock Steady Boxing

Lake Country Racquet & Athletic Club, 560 S. Industrial Drive, Hartland, WI

262-367-4999 or lakecountry@rsbaffiliate.com

Lake Geneva – Rock Steady Boxing

Geneva Lakes YMCA, 203 S. Wells Street, Lake Geneva, WI

Tuesday, Thursday and Friday at 10:30-12pm

262-248-6211 or genevalakes@rsbaffiliate.com

Lake Geneva – Support group

Geneva Lakes YMCA (Multi-generational Room), 203 S. Wells Street, Lake Geneva, WI

1st Thursday at 11:30-12:30pm

Contact: 262-248-6211

Milwaukee – Caregiver support group

St. Ann Center for Intergenerational Care-Stein Campus, 2801 E. Morgan Avenue, Milwaukee, WI 53207

Caregiver support – 1st and 3rd Wednesdays at 1:00

414-977-5000

New Berlin – Young- Onset support group

FastBack Physical Therapy, 3333 South Sunny Slope Rd, New Berlin, WI 53151

3rd Wednesday at 6:30pm

Contact: Patrick Barron 262-682-1842

New Berlin – Rock Steady Boxing & Dance

FastBack Physical Therapy, 3333 South Sunny Slope Rd, New Berlin, WI 53151

RSB Tuesdays & Thursdays 11/12:15/5:45

Dance Mondays at 11

Contact: Patrick Barron 262-682-1842

Racine – Exercise class

Racine Family YMCA, 8501 Campus Drive, Mt Pleasant, WI 53406

Fridays at 1:30-2:30pm and 2:45-3:45pm

Contact: 262-634-1994

Watertown- Movement & Music Parkinson's Exercise Class

Watertown Area YMCA 415 S. 8th St., Watertown, WI, 53094

Tuesdays 11:45

Instructor: Joy Cochran 307-631-3414 or joyexplorations@gmail.com

Waukesha – Parkinson's exercise class

YMCA Waukesha, 320 East Broadway, Waukesha, WI 53186

Mondays and Wednesdays at 1

Contact: 262-542-2557

Wauwatosa – Support group

St Camillus Life Plan Community, 10200 W. Bluemound Road, Wauwatosa, WI 53226

Contact: cjsmith1121@gmail.com

Wauwatosa – Exercise Class

Froedtert & Medical College of Wisconsin, Community Conference Center, 8700 Watertown Plank Road, Wauwatosa, WI 53226

Monday & Wednesdays. Call for times.

Contact: 414-805-3666

Wauwatosa – Young Onset support group

Froedtert & Medical College of Wisconsin, Community Conference Center, 8700 Watertown Plank Road, Wauwatosa, WI 53226

3rd Wednesday at 6:30-8pm

Contact: 414-312-6990

West Allis – Rock Steady Boxing

Rock Steady Boxing Milwaukee, 9730 W. Greenfield Avenue, West Allis, WI 53214

Tuesdays and Thursdays at 11:00 and 12:30

262-325-0272 or milwaukee@rsbaffiliate.com

West Allis – Support group

Aurora West Allis Memorial Hospital (Women’s Center, Lavender Room), 8901 West Lincoln Avenue, West Allis, WI 53227

4th Tuesday at 6:00 pm, No meetings in July, August and December

Contact: Mary Donovan 414-405-0532 marydonovan@aol.com or Sue Biesk 262-642-2150 tbieszk@wi.rr.com

West Bend – Parkinson’s exercise class

Kettle Moraine YMCA at River Shores, 705 Village Green Way, West Bend, WI

Tuesdays and Fridays at 1:30-3pm

Instructors: 262-247-1050

West Bend – Rock Steady Boxing

Rock Steady Boxing West Bend, 3130 Newark Drive, West Bend, WI

262-909-0602 or westbend@rsbaffiliate.com

West Bend – Support group

Cedar Community, 113 Cedar Ridge Drive, West Bend, WI 53095

3rd Monday at 1pm

Contact: Gary Schilling 262-388-0522

Whitefish Bay – Dance

Jewish Community Center, 6255 North Santa Monica Boulevard, Whitefish Bay, WI 53217

Tuesdays & Thursdays at 2

Contact: pdancewi@gmail.com or 414-964-4444

Southwest Region

Columbia, Crawford, Dane, Dodge, Grant, Green, Iowa, Jefferson, Juneau, La Crosse, Lafayette, Monroe, Richland, Rock, Sauk and Vernon counties.

Baraboo – Boxing

Pulse Fitness & Training, 501 Hitchcock Street, Baraboo, WI 53913

Tuesdays and Fridays at 10-11:30am

Contact: Sylvia 608-356-7096 or Geri 608-356-3473

Baraboo – Support group

First Congregational United Church of Christ, 131 Sixth Avenue, Baraboo, WI 53913

3rd Monday at 2pm

Contact: Sylvia Kriegl 608-356-7096 or Geri Schoenoff 608-356-3473

Beaver Dam – Rock Steady Boxing

Martial Art America, N7169 E. Plaza Drive, Beaver Dam, WI 53916

Monday and Friday at 9:00

Contact: 920-210-1541

Beloit – Rock Steady Boxing & Body in Motion

Rock Steady Boxing SOL Beloit, 1201 Big Hill Ct., Beloit, WI

Class times vary

Contact: 608-302-7088

Beloit – Caregiver support group with emphasis on Dementia

Sun Valley Presbyterian Church, 1650 Sun Valley Drive, Beloit WI 53511

2nd and 4th Tuesdays at 1-2:30pm

Contact: Cori Marsh 608-741-3615

Fitchburg – Rock Steady Boxing

Hybrid Athletic Club, 2881 Commerce Park Drive, Suite B, Fitchburg, WI 53719

Call for times

Contact: Kjersten Bakke 608-276-8074 contact@hybridathleticclub.com

Hartford – Parkinson’s exercise class

Aurora Medical Center Washington County, 1032 E. Sumner Street, Hartford, WI

Friday at 12:00pm

262-670-7233

Janesville – Rock Steady Boxing & Body in Motion

SOL Fitness, 2100 E. Milwaukee Street, Janesville, WI

Various times

Contact: Connie Udell 608-302-7088

Janesville – Support group

Oak Park Place, 700 Myrtle Way, Janesville, WI

1st Wednesday at 2-3pm

Contact: Pat Burhans 608-436-9277 or burhans.pat@gmail.com

La Crosse – EXPAND Program movement disorder exercise class

UW La Crosse Physical Therapy Clinic, 1725 State Street, La Crosse, WI

Monday and Wednesday: 12noon-1pm, 2:15-3:15pm, 3:30-4:30pm or 4:30-5:30pm

Instructors: Physical therapy students

Contact: Ingra Culppert 608-785-5072 iculppert@uwlax.edu

Madison – Parkinson’s exercise class

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

Classes go in cycles, call for details

608-263-7936

Madison – Dance

Various classes and locations

info www.ballroombasicsforbalance.org

Madison – Support group

Brookdale Madison West Senior Living, 429 S Yellowstone Drive, Madison

last Tuesday at 1pm *Held virtually and via Zoom

Contact: 608-234-2996 or abormann@brookdale.com

Madison – Lewy Body Dementia Support Group

Online.

Contact: janet.weigel@alzwisc.org

Middleton – Parkinson’s exercise class

Harbor Wellness Studios, 2711 Allen Boulevard, Middleton, WI 53562

Parkinson’s Fitness Plus Tuesdays at 9:00

PD Fit (in-person and online) Thursdays 11:30

Contact: 608-821-6501

Monona – Caregiver support group

Monona United Methodist Church, 606 Nichols Road, Monona, WI 53716

1st Wednesday at 2-4pm

Contact: Siv Goulding 608-839-3512 or jspfgould@gmail.com

Oregon – Parkinson’s exercise class

Oregon Area Senior Center, 219 Park Street, Oregon, WI 53575

Tuesdays at 10:45am

Instructor: Rachel Wosta

Fee: \$5 per class

Enroll through Stoughton Hospital 608-835-5373

Sauk Prairie – Parkinson’s support group

St. John’s Luthern Church

3rd Monday at 1pm

Contact: Deb Fanta debrafanta@gmail.com 608-370-6143

Stoughton – Parkinson’s exercise class

Stoughton Health Community Health and Wellness
Fridays at 1pm Sept- May
608-873-7799

Stoughton – Support group

Stoughton Senior Center, 248 W. Main Street, Stoughton, WI 53589
2nd Tuesday at 1:00
608-873-8585

Stoughton- Parkinson’s Support Group

Stoughton Community Health & Wellness Center, 3162 County Rd B, Stoughton, WI, 53589
Contact: Hollee Camancho 608-873-8585 or hcamancho@ci.stoughton.wi.us

Waunakee – Support group

Waunakee Senior Center 333 South Madison Street, Waunakee, WI 53597
3rd Thursday at 1:00 Feb-Oct
Contact: Candice Duffek 608-850-5877 cduffek@waunakee.com