

## Alabama Parkinson's Movement Groups

Below is a listing of Alabama Movement Groups for Parkinson's Disease. You are encouraged to contact the facilitator of each group to validate the class schedules and request an assessment. Classes are alphabetized by City.

TYPE OF CLASS	LOCATION (CITY)	FACILITATOR NAME	PHONE NUMBER
Rock Steady Boxing	<b>Anniston</b> , YMCA Calhoun County 29 West 14 <sup>th</sup> Street, Anniston, AL 36201	Louise Lockridge	1.256.238.9622
PD Fight Club (Boxing)	<b>Birmingham</b> , Juarez Boxing 1630 Crestwood Blvd.- Birmingham, AL 35210	Martin Juarez	1.205.370.8992
Rock Steady Boxing	<b>Birmingham</b> , Oyama Karate 1804 29 <sup>th</sup> Avenue South- Birmingham, AL 35209	Karl Julian	1.205.879.4841
Dance for PD	<b>Birmingham</b> - Dance Foundation 1715 17 <sup>th</sup> Court South, Homewood, AL 35209	Teri Weksler and Mary Maragaret Scalici	1.205.746.0061
EW Balance for Parkinson's	<b>Birmingham</b> , EW Motion Therapy 3125 Independence Drive, Suite 300B, Homewood, AL 35209	Allison Schmidt, PT, DPT	1.205.879.7501
Total Parkinson's	<b>Birmingham</b> , Greystone YMCA 5415 Highway 280, Birmingham, AL 35242	Andrea Pindroh	1.205.981.0144
BIG for LIFE Wellness Classes for PD	<b>Birmingham, Benchmark PT</b> – Lakeshore Pavilion Clinic 2822 Lakeshore Parkway, Birmingham, AL 35211	Morgan Kreger, PT, DPT LSVT BIG Certified	1.205.848.6841
Total Brain and Body Class	<b>Clanton</b> , YMCA of Chilton County 405 Ollie Avenue, Clanton, AL 35045	Kelly Winton	1.205.755.2382
Rock Steady Boxing	<b>Daphne – Eastern Shore</b> 25478 Friendship Road- Daphne, AL 36526	Chris Wheeles	1.251.509.3353
Rock Steady Boxing	<b>Decatur River City</b> 705 Beltline Rd SW-Decatur, AL 35601	Carmen Torres	1.256.468.1876
Dance for PD	<b>Dothan</b> - Neuromuscular Rehab and Balance Center 1480 Ross Clark Circle, Dothan, AL 36301	Zana Fla	1.334.793.8961

Rock Steady Boxing	<b>Florence - YMCA of the Shoals</b> 2121 Helton Drive-Florence, AL 35630	Sarah Huntley	1.256.246.9622
Rock Steady Boxing	<b>Gulf Shores – Wheelers Yoshukai Karate Academy</b> 314 East 2 <sup>nd</sup> Ave., Gulf Shores, AL 36542	Chris Wheelers	1.850.934.3364
Rock Steady Boxing, Skills Camp, PWR Moves, Speakout!, Urban Poling	<b>Huntsville – Parkinson’s Dynamics</b> 2020 Steve Hettinger Drive, Huntsville, AL 35801	Carolyn Rhodes	1.256.513.8164
Dance for PD	<b>Huntsville, Rocket City - Huntsville Hospital Wellness Center Medical Mall, 1963 Memorial Parkway, Huntsville, AL 35801</b>	Clarissa Sharp	1.256.426.9209
PARte, Urban Polling, PWR! and Choir	<b>Huntsville, Parkinson’s Dynamics</b> 2020 Steve Hettinger Drive, Huntsville, AL 35801	Carolyn Rhodes	1.256.513.8164
Indoor Cycling Class (M,W and F at 11:15)	<b>Huntsville, Pedaling for Parkinson’s - Southeast Family YMCA, 1000 Weatherly Road, Huntsville, AL</b>	Sharon Allen <a href="mailto:sharon.allen@ymcahuntsville.org">sharon.allen@ymcahuntsville.org</a>	1.256.883.9622
Parkinson’s Fitness Class (M,W and F at 10:45)	<b>Huntsville, Power for Parkinson’s, Southeast Family YMCA, 1000 Weatherly Road, Huntsville, AL</b>	Sharon Allen <a href="mailto:sharon.allen@ymcahuntsville.org">sharon.allen@ymcahuntsville.org</a>	1.256.883.9622
Indoor Cycling Class (T, R, S at 10:30)	<b>Madison, Pedaling for Parkinson’s – The Hogan Family YMCA, 130 Park Square Lane, Madison, AL</b>	Ashley Barred <a href="mailto:ashley.barred@ymcahuntsville.org">ashley.barred@ymcahuntsville.org</a>	1.256.705.9622
Parkinson’s Fitness Class (M,W and F at 11:15)	<b>Madison, Power for Parkinson’s, – The Hogan Family YMCA, 130 Park Square Lane, Madison, AL</b>	Ashley Barred <a href="mailto:ashley.barred@ymcahuntsville.org">ashley.barred@ymcahuntsville.org</a>	1.256.705.9622
Rock Steady Boxing	<b>Mobile– Saad Healthcare</b> 1515 University Blvd.-Mobile, AL 36609	Sterling Moore <a href="mailto:sterling.moore@saadhealthcare.com">sterling.moore@saadhealthcare.com</a>	1.251.287.8946
Rock Steady Boxing	<b>Montgomery– Bell Road YMCA</b> 2435 Bell Road-Montgomery, AL 36117	Leigh Anne Richards	1.334.271.4343
Rock Steady Boxing	<b>Prattville - YMCA Wellness Branch</b> 348 Hwy 82 W-Prattville, AL 36067	Laurinda Hmmer-Krohmer	1.334.361.0268

Beginner, Moderate and Advanced PWR, Floor Class, Chair Yoga, Loud Crowd, Circuit Classes	<b>Sheffield</b> , Helen Keller Wellcare 1021 11 <sup>th</sup> Street SW, Sheffield, AL 35660	Brianna Maharrey	1.256.386.4747
Parkinson's Movement Classes	<b>Trussville</b> , YMCA of Trussville 5920 Valley Road, Trussville, AL 35173	Brianna Richardson Richard Payne, <a href="mailto:rpayne@ymcabham.org">rpayne@ymcabham.org</a>	1.205.655.2224
PWR!, Boxing, Cycling, General Movement	<b>Tuscaloosa</b> – YMCA Downtown Branch	Riley Strickland	1.205.345.9622