

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: Laura Peck 715-420-2160

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 – 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 – Move Better Exercise Class

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

Call for class information 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 - Young Onset Women's Group (We are geared toward women under age 55.)

Barnes & Noble

4705 W Grande Market Drive

2nd & 4th Tuesdays at 6:00 pm

Contact: Wendy Sorem & Calissa Schneider, yopdwfox@gmail.com 920-810-4367

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 - 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 Krystal 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 Tuesdays at 1:30pm

Contact: Kathy Beyreis krbeyreis@gmail.com 715-651-8885 or Sharon St. Clair shar820@live.com 715-239-5519

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

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 – Rock Steady Boxing
L.E. Phillips Senior Center, 1616 Bellinger Street, Lower Level
Monday, Wednesday & Friday at 9:15, 10:45 and 12:00
Contact: Allison Triebold at 715-760-2763 or rtbfitness2@gmail.com

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

Kenosha – Care Partner Support Group

Kenosha Senior Living, 3109 30th Ave, Kenosha, WI
53144 First Wednesday of every month at 3:00 pm

To RSVP contact Stephanie at 262-234-7285 or stephanie.dishno@pleasantpointsl.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

Pewaukee – Rock Steady Boxing

ProHealth West Wood Health and Fitness Center, 2900 Golf Road Pewaukee, WI 53072

Mondays and Wednesdays at 1pm

Contact: Anne Barber, 262-513-7209, abarber@westwoodfitness.org

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 – 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 1-3:00pm

Contact: Karen Tennyson 608-741-3615

Dubuque, IOWA – Parkinson's Support Group for those with PD and Care Partners

Stonehill Caregiver Building, lower level, 3485 Windsor Ave., Dubuque, IA, 52001

4th Saturdays at 10:00 a.m.

Contact: Gerald Osterhaus at 563-582-7313 or Judy at judyosterhaus@gmail.com

Eau Claire – Rock Steady Boxing (St, Croix Valley)
L.E. Phillips Senior Center, Lower Level, 1616 Bellinger Street
Contact Allison Triebold at rtbfitness3@gmail.com or 715-760-2763
Level One Classes Monday, Wednesday and Friday at 9:15 & 10:30
Level two at noon
Zoom available at 9:15

Fitchburg – Support group for care partners & support group for people with PD
*These are two separate groups that meet at the same time.

The Courtyard at Fitchburg, 5669 Wilshire Drive, Fitchburg, WI 53711
4th Wednesday of each month at 1:00 p.m.
Contact: Karen Jeffers 608-886-6711

Fitchburg – Rock Steady Boxing
Bakke Athletics, 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: Connie Udell at 608-302-7088

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

La Crosse – Support Group
Black River Beach Neighborhood Center, 1433 Rose Street, La Crosse

Contact for times and dates of meetings

Contact 608-519-2088 brezinkaa@cityoflacrosse.org

Madison YAFAndthe APDAofWI present: Yoga for People with
Quarry Arts Building, 715 Hill St, Room 170, Madison, WI Classes
go in cycles, call for details

Contact: info@yafayoga.org or Register at <https://yafayoga.org/current-classes>

Madison 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

Madison Ping Pong Parkinson's exercise class *includes juggling, facila stretches
and vocal exercises.

East Madison Community Center Gym, 8 Straubel Court, Madison, 53704 Thursdays

10:00 am 11:30 am

Sundays 2:00 pm- 3:30 pppmadisonwi@gmail.com

Middleton Living Wellwith

Cardinal View Senior Living, 3820 Tribeca Dr, Middleton, WI 53562

4th Tuesdays of each month at from 2:00-3:00

Contact: Bill Ryan at ryanfwilliam@gmail.com 608-334-7735

This program will be a half an hour meeting of support followed by a half an hour
dedicated to wellness. Topics may cover exercise, nutrition, and more with hands on
activities.

Middleton exercise class

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

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

Platteville – Parkinson’s support group
Southwest Health, Conference Room A, 1400 East Side Rd. 1st
Thursdays at 2pm
Contact: Nancy Olson nancyolson.olson3@gmail.com 608 732-7305

Sauk Prairie – Parkinson’s support group
St. John’s Luthern Church
3rd Monday at 1pm
Contact: Deb Fanta debrafanta@gmail.com 608-370-6143

Sun Prairie – PWR! Moves exercise group
Oakwood Village Prairie Ridge Village, 5565 Tancho Dr., Madison, WI, 53718
Tuesdays and Fridays at 1:00 p.m.
Contact: 608-230-4594

Stoughton – Parkinson’s exercise class
Stoughton Community Health and Wellness Center, 3162 County Rd B, Stoughton, 53589
Classes go in cycles, call for more information
Contact: 608-877-3498

Stoughton – Support group
Stoughton Community Health & Wellness Center, 3162 County Rd B, Stoughton, 53589
Second Monday at 12:15
Contact: 608-877-3498

Tomah – Support Group
Tomah Health Conference Rooms 1 B/C, 501 Gopher Drive

First Tuesdays from 1:00-2:30

Contact: Whitney Sanjari wsanjari@tomahhealth.org or Kristen Gerke
kgerke@tomahhealth.org

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