

Alabama Parkinson's Exercise Groups

Below is a listing of Alabama Exercise Groups for Parkinson's Disease. You are encouraged to contact the facilitator of each group to validate the meeting schedule. An assessment or physician referral may be required. Classes are alphabetized by City.

Location	Class Type – Date - Times	Instructor and Contact Information
Anniston: YMCA Calhoun County 29 West 14 th Street	Rock Steady Boxing Tuesdays and Thursdays 11:00 am – 12:30 pm	Louise Lockridge Phone: 1.256.238.9622
Auburn/Opelika: Boxing at Ru's Roots	Boxing Wednesdays at 2:30pm Fridays at 11 am	Hanna Garst Email: hanna@rus-roots.org
Birmingham: Juarez Boxing 1630 Crestwood Blvd	PD Fight Club (Boxing)	Martin Juarez Phone: 1.205.370.8992 juarezboxing@yahoo.com
Birmingham: Oyama Karate 1804 29 th Avenue South	Rock Steady Boxing	Karl Julian Phone: 1.205.879.4841 oyamakarate@rsbaffiliate.com
Birmingham: Dance Foundation 1715 17 th Court South, Homewood	Dance for PD Tuesdays and Thursdays at 10am (Breaks for Summer)	Teri Weksler / Mary Margaret Scalici Phone: 1.205.746.0061 Email: marymargaretscalici@mac.com
Birmingham: EW Motion Therapy 3125 Independence Drive, Suite 300 B - Homewood	EW Balance for Parkinson's	Allison Schmidt, PT, DPT Phone: 1.205.879.7501 allison@ewmotiontherapy.com
Birmingham: Greystone YMCA 5415 Highway 280	Defeat PD Monday, Wednesday, Friday at 12:30 pm	Andrea Pindroh Email: apindroh@ymcabham.org
Birmingham: Hoover YMCA 2250 John Hawkins Pkwy	Defeat PD Monday, Wednesday, Friday 1:30 – 2:30 pm	Andrea Pindroh Email: apindroh@ymcabham.org
Birmingham: Mountain Brook YMCA 2401 20 th Place S.	Defeat PD Tuesday and Friday at 12:30 pm	Andrea Pindroh Email: apindroh@ymcabham.org
Birmingham: Benchmark PT Lakeshore Pavilion Clinic 2822 Lakeshore Parkway	BIG for LIFE Wellness Classes – Tuesdays at 1pm	Mitchell Rouse, Clinic Director Phone: 1.205.848.6841
Birmingham: Crunch Fitness 1694 Montgomery Hwy, Hoover, AL 35244	PWR! Moves: Personal Training for Parkinson's Call to book your appointment and inquire about pricing	Ryan Melson Phone: 1.205.922.0020 Email: pt@crunchhoover.com
Birmingham: UAB Research Collaborative Space Lakeshore Foundation Campus 3800 Ridgeway Drive	PD Power Hour (PWR) – High and Medium Intensity Formats Monthly Classes Thursday, 2-3pm Friday, 10-11	Vanessa Kaczmarek, PT, DPT, NCS Phone: 1.941.539.4395 Email: vanessa@neuroactivetherapywellness.com

	Check website, or contact instructor for class dates.	Website: https://www.neuroactivetherapywellness.com/pd-power-hour
Clanton: YMCA of Chilton County 405 Ollie Avenue	Senior Fitness Classes including Mind and Motion, Yoga and Cardio.	Amber Wood Phone: 1.205.755.2382 Email: carriec@ymca@gmail.com
Decatur: Pavillion – Parkway Campus, 1874 Beltline Road SW	PWR! With Haley Mondays, Wednesdays and Thursdays, 10:30am	Haley Scott Phone: 1.256.973.4900 Email: Haley.scott@dmhnet.org
Decatur: Decatur Rehab Access 2349 Danville Road SW	SPEAKOUT! First Monday and Third Thursday at 10am	Amy Cargo Email: amy.cargo@dmhnet.org
Dothan: Southeast Health Neurobalance Center 1480 Ross Clark Circle	Dance Class (Monthly)	Alyssa Trapasso Phone: 1.334.793.8726
Dothan: Southeast Health Neurobalance Center 1480 Ross Clark Circle	Wellness Classes Monday, Wednesday and Friday, at 7am, 8am and 2pm. Call to confirm class times.	Lindsay Holloman Phone: 1.334.793.8726 Email: lholloman@southeasthealth.org
Florence: YMCA of the Shoals 2121 Helton Drive	Rock Steady Boxing	Sara Huntley Phone: 1.256.246.9622 shuntley@ymcashaols.org
Gadsden: Gadsden Pelvic Rehab and Physical Therapy 2425 Lumbley Road, Rainbow City	Rock Steady Boxing Tuesdays and Fridays, 12pm	JP Fairel Email: JP@gadsdenpelvicrehab.com
Gulf Shores: Wheelers Karate 2050 E. 2 nd Street, Gulf Shores	Rock Steady Boxing Monday, Wednesday and Friday at 11am	Chris Wheelers Phone: 1.850.934.3364 gulfshores@rsbaffiliate.com
Huntsville: Parkinson's Dynamics 2020 Steve Hettinger Drive	Rock Steady Boxing: Levels 1 and 2: Monday, Wednesday, Fridays from 12-1:30pm, or 5:30 – 7pm, Thursdays at 12pm	Carolyn Rhodes Phone: 1.256.513.8164 Email: rocketcity@rsbaffiliate.com
Huntsville: Parkinson's Dynamics 2020 Steve Hettinger Drive	Rock Steady Boxing: Levels 3 and 4: Monday, Tuesday, Wednesday and Thursday at 9am, Friday at 2pm	Carolyn Rhodes Phone: 1.256.513.8164 Email: rocketcity@rsbaffiliate.com
Huntsville: Parkinson's Dynamics 2020 Steve Hettinger Drive	Speech with Susan , Monday, Tuesday and Thursday at 10:30am and Monday at 4:30pm Speech with Bambi Online , Tuesday at 11:30 am Speech with Jasmine , Wednesday at 10:45 am	Carolyn Rhodes Phone: 1.256.513.8164 Email: rocketcity@rsbaffiliate.com
Huntsville: Parkinson's Dynamics 2020 Steve Hettinger Drive	PWR! Moves: Tuesday and Friday at 10:30am	Carolyn Rhodes Phone: 1.256.513.8164 Email: rocketcity@rsbaffiliate.com

Huntsville: Parkinson's Dynamics 2020 Steve Hettinger Drive	Stretch: Tuesday at 11:30 am	Carolyn Rhodes Phone: 1.256.513.8164 Email: rocketcity@rsbaffiliate.com
Huntsville: Parkinson's Dynamics 2020 Steve Hettinger Drive	Choir: Wednesdays at 9:30am	Carolyn Rhodes Phone: 1.256.513.8164 Email: rocketcity@rsbaffiliate.com
Huntsville: Parkinson's Dynamics 2020 Steve Hettinger Drive	Stick Mobility: Wednesdays at 10:45 am	Carolyn Rhodes Phone: 1.256.513.8164 Email: rocketcity@rsbaffiliate.com
Huntsville: Parkinson's Dynamics 2020 Steve Hettinger Drive	Urban Poling: Wednesdays at 1:30 pm	Carolyn Rhodes Phone: 1.256.513.8164 Email: rocketcity@rsbaffiliate.com
Huntsville: Church of the Nativity 208 Estes Ave. SE	Dance for PD Mondays, 12pm	Clarissa Sharp Phone: 1.256.426.9209 Email: clarissa.sharp@hhsys.org
Huntsville: Jones Valley Wellness Center – Huntsville Hospital – 1345 Four Mile Post Road	STEP with Clarissa Tuesdays and Thursdays 1-2:30 pm	Clarissa Sharp Phone: 1.256.426.9209 Email: clarissa.sharp@hhsys.org
Huntsville: Heart of the Valley YMCA, Southeast Y 1000 Weatherly Road	Pedal for PD Monday, Wednesday and Friday, 10:30 – 11am Power for PD: Monday, Wednesday and Friday, 11:15 – 11:45 am	Sharon Allen Phone: 1.256.883.9622 Email: Sharon.allen@ymcahuntsville.org
Huntsville: Jones Valley Wellness Center – Huntsville Hospital – 1345 Four Mile Post Road	SPEAKOUT! with Andrea Tuesdays at 2 pm	Andrea Phone: 1.256.817.5599 Email: andrea.jernigan@hhsys.org
Madison: Madison Therapy Clinic Madison Medical 1 1041 Balch Road, Suite 160	Move and Groove with Traci Monday and Friday, 2:30 pm	Traci Aday Phone: 1.256.817.5599 Email: traci.aday@hhsys.org
Madison: Madison Therapy Clinic Madison Medical 1 1041 Balch Road, Suite 160	STEP with George and Traci Tuesdays and Thursdays, 2:30 – 4pm	Traci Aday Phone: 1.256.817.5599 Email: traci.aday@hhsys.org
Madison: Madison Therapy Clinic Madison Medical 1 1041 Balch Road, Suite 160	Tai Chi with Traci Wednesdays at 2:30 pm	Traci Aday Phone: 1.256.817.5599 Email: traci.aday@hhsys.org
Madison: Madison Therapy Clinic Madison Medical 1 1041 Balch Road, Suite 160	SPEAKOUT! Monday at 1:30 pm	Mary Beth Kreger Phone: 1.256.817.5599
Madison: Madison Therapy Clinic Madison Medical 1 1041 Balch Road, Suite 160	Rooted Music Therapy Friday at 1:30 pm	Traci Aday Phone: 1.256.817.5599 Email: traci.aday@hhsys.org
Madison: Hogan YMCA 130 Park Square Lane	Pedal for PD Monday, Wednesday and Friday, 10 – 10:30am	Sharon Allen Phone: 1.256.883.9622 Email: Sharon.allen@ymcahuntsville.org

	Power for PD: Monday, Wednesday and Friday, 10:30 – 11am	
Mobile: Saad Healthcare 1515 University Blvd.	Rock Steady Boxing	Sterling Moore Phone: 1.251.287.8946 Email: sterling.moore@saadhealthcare.com
Millbrook / Montgomery – Grandview YMCA, 4700 Camp Grandview Road, Millbrook, AL 36054	Rock Steady Boxing Mondays and Wednesdays, 11:30 am	Lisa Hoffman: Phone: 1.334.290.9622 Email: lhoffman@ymcamontgomery.org
Montgomery: Bell Road YMCA 2435 Bell Road	Rock Steady Boxing Monday-Thursday, 11:30 am – 12:45 pm	Leigh Anne Richards Phone: 1.334.399.4364 rocksteadymgmyca@gmail.com
Pelham: Pelham YMCA 2610 Pelham Parkway	Defeat PD	Andrea Pindroh Email: apindroh@ymcabham.org
Prattville: YMCA Wellness Branch - 348 Hwy 82 W	Rock Steady Boxing	Travis Rodi Phone: 1.334.361.0268 prattvilleymca@rsbaffiliate.com
Sheffield: Helen Keller Wellcare 1021 11 th Street SW	PWR!: Beginner, Moderate and Advanced, Floor Class, Chair Yoga, Loud Crowd, Circuit Classes	Brianna Maharrey Phone: 1.256.386.4747
Tuscaloosa: YMCA Downtown Branch	PWR!, Boxing, Cycling and General Movement Classes Mondays, Wednesdays and Fridays at 9:30 and 10:30	Riley Strickland 1.205.345.9622