

Parkinson's Disease Exercise Classes

In the Cincinnati / Dayton / Northern Kentucky Area

Central

Delay the Disease

Brookdale Deer Park
3801 E Galbraith Rd
Cincinnati, OH 45236
513-745-7600

Chair Yoga

Springfield Township Senior
Center
9158 Winton Road
Cincinnati, OH 45231
Contact April Aloisio.
513-205-6353
aprila@fuse.net

Parkinson's Exercise Class

Daniel Drake Center Wellness
Center
151 West Galbraith Road
Cincinnati, OH 45216
Contact Angela Perkins.
513-418-5867

foreverfitness PWR! MOVES

Connections Church
7421 E Galbraith Rd
Cincinnati, OH 45243
Call or email Sarah Palmer.
sarah@foreverfitnesscincinnati.com
513-404-1918

Parkinson's Exercise Rehabilitation

2145 Central Parkway
Cincinnati, Ohio 45214
Brian Terpstra
630-418-8377

Dancing with Parkinson's

Wyoming Fine Arts Center
322 Wyoming Avenue
Cincinnati, OH 45215
Contact Dancing with Parkinson's.
513-800-1827
info@pddancecinci.org

Coors Core Fitness

PD Basic
Barrington of Oakley
4855 Babson Place
Cincinnati Ohio 45227
513-233-2673

Coors Core Fitness PD Basic

Maple Knoll Village
11100 Springfield Pike
Cincinnati OH 45246
Contact Lisa Coors.
513-233-2673
lisa@coorscorefitness.com

East

Coors Core Fitness PD Basic

Coors Core Fitness
7693 Beechmont Avenue
Cincinnati, OH 45255
Contact Lisa Coors.
513-233-2673
lisa@coorscorefitness.com

Coors Core Fitness PD Basic

Choice Physical Therapy
9419 Kenwood Road
Blue Ash OH 45242
Contact Lisa Coors.
513-233-2673
lisa@coorscorefitness.com

Steady Strides Singers

The Church of the Redeemer
2944 Erie Avenue
Cincinnati Ohio 45208
513-379-1196

Yoga for PD

Free of charge
St. Paul United Methodist Church
8221 Miami Avenue
Cincinnati, OH 45243
Contact Patty Braasch, RN 513-
673-9978
healingartsyoga1@aol.com

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Hyde Park Health Center
3983 Rosslyn Drive
Cincinnati, OH 45209
Call or email Sarah Palmer.
sarah@foreverfitnesscincinnati.com
513-404-1918

West

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St. James Episcopal Church
3207 Montana Avenue
Cincinnati, OH 45211
Call or email Sarah Palmer.
sarah@foreverfitnesscincinnati.com
513-404-1918

North

Hamilton Rock Steady Boxing

School of Boxing
3401 Hamilton-Mason Road, Door
Hamilton, OH 45011 513-205-
7546

Chair Yoga

Blue Ash Recreation Center
4433 Cooper Road
Blue Ash, OH 45242
aprila@fuse.net

Delay The Disease

Brookdale Long Cove Pointe
5535 Irwin-Simpson Road
Mason, OH 45040
513-229-3155

Coors Core Fitness PD Basic or Advanced

Choice Physical Therapy
9419 Kenwood Road
Blue Ash OH 45242
Contact Lisa Coors.
513-233-2673
lisa@coorscorefitness.com

Coors Core Fitness PD Advanced

Church Venture
3187 Western Row Road
Maineville, OH 45039
Call or email Lisa Coors.
lisa@coorscorefitness.com
513-233-2673

Parkinson's Exercise & Chair Volleyball

Mason Community Center
6040 Mason-Montgomery Road
Mason, OH 45040
Contact Jane Herrington
513-754-8430 or 513-315-8473
herrington4468@cinci.rr.com

ForeverFitness PWR! Moves

8936 S Mason-Montgomery Road
Mason, OH 45040
Call or email Sarah Palmer.
sarah@foreverfitnesscincinnati.com
513-404-1918

Forever Fitness Rock Steady
Boxing 10659 Loveland Madeira
513-404-1918

Dayton

Parkinson's Fitness High Intensity Class

Neuro Rehab & Balance Center
7677 Yankee Street #110
Centerville, OH 45459
Contact Lindsey Hershberger
lindsey.hershberger@khnetwork.org
937-401-6109

Parkinson's Fitness Low Intensity Class

Neuro Rehab & Balance Center
7677 Yankee Street #110
Centerville, OH 45459
937-401-6109

Delay the Disease

Brookdale Miami Twp
7847 Lois Lane
Dayton Ohio
45455 937-435-5269

Delay the Disease

Brookdale Kettering
280 Walden Way
Beaver Creek Ohio
45440 937-427-0060

Delay the Disease

Neuro Rehab and Balance Center
Centerville Ohio 937-401-6109

Rock Steady Boxing Dayton

Bethany Village
6451 Far Hills Avenue
Dayton OH 45459
Contact Alex Sheets or Craig Cole
at 937-433-2110 or
dayton@rsbaffiliate.com

Dancing with Parkinson's

Free of Charge
Yellow Springs Senior Center
227 Xenia Avenue
Yellow Springs, OH 45387
Contact Jill Becker.
937-767-2646
jillbecker1@gmail.com

Dancing with Parkinson's

First Baptist Church
3939 Swigart Rd
Beavercreek Ohio 45440
Jill Becker 937-767-2646

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Epiphany Lutheran Church
10155 Sheehan Road
Dayton, Ohio
Katie James 937-626-2997

Parkinson's Disease Exercise Classes

In the Cincinnati / Dayton / Northern Kentucky Area

Indiana

Reid Health Rock Steady Boxing

Reid Health Rehab Center
2021 Chester Blvd.
Richmond IN 47374
Contact Dennis McCord or Brian Steele at
brian.steele@reidhealth.org or 765-983-3092

Parkinson-Specific Exercise Class

Aurora Recreational Community Center
404 Green Blvd.
Aurora IN 47001
Contact Elise Smith at 812-926-2311 or
esmith@aurora.in.us

Northern Kentucky

Rock Steady Boxing Northern KY .

501 Licking Pike,
Suite B
Wilder, KY 41071
Contact Matthew Daniels 513-265-1737 or 859-
261-2699

Parkinson's Wellness Program

Healthsouth of Northern Ky Hospital Community
Room
Medical Village Drive
Edgewood, Ky
Jenna Smith
859-344-3234

Forever Fitness PWR

Ivy Knoll Senior Community
Highland Avenue, Covington
Sarah Palmer
513-404-1918

BY APPOINTMENT

LSVT BIG Individual Exercise

Versailles Health Center
200 Marker Road
Versailles OH 45380
Contact Stephen Winner at 937-526-0130 or
swinner@affirmarehabilitation.com

LSVT BIG Program

Jewish Hospital, Mercy Health
4762 E Galbraith Rd, Suite 118
Cincinnati OH 45236
Contact Amy Bertram at 513-686-3254 or
alanham@mercy.com

foreverfitness In-Home Training

Contact Sarah at 513-404-1918 or
sarah@foreverfitnesscincinnati.com.
Contact Kaz Ochi at 614-735-3772 or
Kochi1031@me.com.
Contact Katie James at 937-626-2997 or
kejames1226@gmail.com.

LSVT BIG Physical Therapy

Superior Rehab & Balance Center
8135 Beechmont Ave, Suite W269
Cincinnati, OH 45255
Contact the Superior Rehab & Balance Center
directly at 513-368-5212.

LSVT Big Physical Therapy

Daniel Drake Center
Galbraith Rd
Cincinnati Ohio