

City	Address	What	Contact
Ashland	Various Locations	Dance for Parkinson's	541-414-7593
Bend	First Presbyterian Church 230 NE Ninth St. Bend, OR 97701	Dance for Parkinson's	541-382-4401, estephan@bendfp.org or visit bendfp.org/wellbeing
Central Point <i>new listing!</i>	Higs Gym 2744 Taylor Road Central Point, OR 97502	Rocksteady Boxing	Kim Adams, 541-301-8935
Eugene	380 West 3rd Avenue, Suite A Eugene, OR 97401	Dance for Parkinson's	541-343-3914, dance@bnwa.net, www.bnwa.net/
Lake Oswego	Providence Mercantile Health and Fitness Center 4015 Mercantile Dr # 100, Lake Oswego, OR 97035	Parkinson's Exercise Program	To Register call Providence Resource Line at 503-574-6595
Portland	Beautiful Savior Lutheran Church, 9800 SE 92nd Ave, Portland, OR 97086	Parkinson's Movement Class	Parkinson's Resources of Oregon, 800- 426-6806, www.parkinsonsresources.org
Portland	OHSU March Wellness and Fitness Center 3303 SW Bond Ave. Unit MW Portland, Oregon 97239	March Ahead Parkinson's	503.418.6272
Portland	5201 SW Westgate Drive Suite 114 Portland, OR 97221	Pilates for Parkinson's	503-292-4409, info@pacificnwpilates.com www.pacificnwpilates.com/fitness/class es/pilates-for-parkinsons
Portland	Julie Lawrence Yoga Center: 1020 SW Taylor St., Suite 780 Portland, OR 97205	Adaptive Yoga	(503) 227-5524, jlyc@hevanet.com, www.jlyc.com/index.php
Portland	St. Anne's Chapel, Marylhurst University, 17600 Pacific Highway, Marylhurst, OR 97036	The Tremble Clefs of Portland	Parkinson's Resources of Oregon, 503- 594-0901, www.pro.eventbrite.com
Portland	Mittleman Jewish Community Center (dance studio), 6651 SW Capitol Highway, Portland 97219	Dance for Parkinson's	503.789.4575, 971.263.2761, danceforparkinsonsoregon@gmail.com

Tualatin	Legacy Meridian Park Hospital, Health Education Building, 19300 SW 65th Ave, Tualatin, OR 97062	Parkinson's Movement Class	Parkinson's Resources of Oregon, 800-426-6806, www.parkinsonsresources.org
McMinnville	McMinnville Senior Center, 2250 McDaniel Lane, McMinnville, OR 97128	Parkinson's Movement Class	Parkinson's Resources of Oregon, 800-426-6806, www.parkinsonsresources.org