

Alabama Parkinson's Exercise Classes and PD 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	Anniston , YMCA Calhoun County 29 West 14 th Street, Anniston, AL 36201	Louise Lockridge	1.256.238.9622
PD Fight Club (Boxing)	Birmingham , Juarez Boxing 1630 Crestwood Blvd.- Birmingham, AL 35210	Martin Juarez	1.205.370.8992
Rock Steady Boxing	Birmingham , Oyama Karate 1804 29 th Avenue South- Birmingham, AL 35209	Karl Julian	1.205.879.4841
Dance for PD	Birmingham - Dance Foundation 1715 17 th Court South, Homewood, AL 35209	Teri Weksler and Mary Maragaret Scalici	1.205.746.0061
EW Balance for Parkinson's	Birmingham , EW Motion Therapy 3125 Independence Drive, Suite 300B, Homewood, AL 35209	Allison Schmidt, PT, DPT	1.205.879.7501
Defeat PD – Exercise Class – Email for class times	Birmingham , Greystone YMCA 5415 Highway 280, Birmingham, AL 35242	Andrea Pindroh	1.205.981.0144 apindroh@ymcabham.org
BIG for LIFE Wellness Classes for PD	Birmingham, Benchmark PT – 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	Clanton , YMCA of Chilton County 405 Ollie Avenue, Clanton, AL 35045	Kelly Winton	1.205.755.2382
Rock Steady Boxing	Daphne – Eastern Shore 25478 Friendship Road- Daphne, AL 36526	Chris Wheelles	1.251.509.3353
Dance Class – Once a Month (Call for dates and times)	Dothan – Southeast Health Neurobalance Center 1480 Ross Clark Circle, Dothan, AL 36301	Alyssa Trapasso	1.334.793.8726

Wellness Classes, Monday, Wednesday and Friday – Times Vary – Please call to confirm.	Dothan - Southeast Health Neurobalance Center 1480 Ross Clark Circle, Dothan, AL 36301	Lindsay Holloman	1.334.793.8726 lholloman@southeasthealth.org
Rock Steady Boxing	Florence - YMCA of the Shoals 2121 Helton Drive-Florence, AL 35630	Sarah Huntley	1.256.246.9622
Rock Steady Boxing Classes: Tuesdays and Fridays at 12pm	Gadsden/Rainbow City – Gadsden Pelvic Rehab and Physical Therapy 2425 Lumbley Road, Rainbow City, AL 35906	Heido Darbo	infoymcacoosavalley@gmail.com
Rock Steady Boxing	Gulf Shores – Wheelles Yoshukai Karate Academy 314 East 2 nd Ave., Gulf Shores, AL 36542	Chris Wheelles	1.850.934.3364
Rock Steady Boxing, Skills Camp, PWR Moves, Speakout!, Urban Poling	Huntsville – Parkinson's Dynamics 2020 Steve Hettinger Drive, Huntsville, AL 35801	Carolyn Rhodes	1.256.513.8164
Dance for PD – 2 nd Tuesday at Noon	Huntsville, Rocket City – Parkinson's Dynamics 2020 Steve Hettinger Drive, Huntsville, AL 35801	Clarissa Sharp	1.256.426.9209
Dance for PD – Mondays at 12pm (Noon)	Huntsville - Church of the Nativity 208 Estes Ave. SE, Huntsville, AL 35801	Clarissa Sharp	1.256.426.9209
PARte, Urban Polling, PWR! and Choir	Huntsville , Parkinson's Dynamics 2020 Steve Hettinger Drive, Huntsville, AL 35801	Carolyn Rhodes	1.256.513.8164
STEP with Dan – Tuesdays/Thursdays, 2:30 – 3:30 pm	Huntsville , Jones Valley Wellness Center 1345 Four Mile Post Road, Huntsville, AL 35802	Dan	1.256.265.9355
Indoor Cycling Class (T, R, S at 10:30)	Madison , Pedaling for Parkinson's – The Hogan Family YMCA, 130 Park Square Lane, Madison, AL	Colby Flack colby.flack@ymcahuntsville.org	1.256.705.9622
Parkinson's Fitness Class (M,W and F at 11:15)	Madison , Power for Parkinson's, – The Hogan Family YMCA, 130 Park Square Lane, Madison, AL	Colby Flack colby.flack@ymcahuntsville.org	1.256.705.9622

STEP with Alley – Tuesdays and Thursdays, 1:30 – 3pm	Madison , Madison Wellness Center 8391 Hwy 72, Madison, AL 35758	Alley	1.256.265.9355
Move & Groove with Traci – Fridays, 2:30 – 3:30 pm	Madison , Madison Wellness Center 8391 Hwy 72, Madison, AL 35758	Traci	1.256.265.9355
Rock Steady Boxing	Mobile – Saad Healthcare 1515 University Blvd.-Mobile, AL 36609	Sterling Moore sterling.moore@saadhealthcare.com	1.251.287.8946
Rock Steady Boxing	Montgomery– Bell Road YMCA 2435 Bell Road-Montgomery, AL 36117	Leigh Anne Richards	1.334.271.4343
Defeat PD – Exercise Class – Email for Class Times	Pelham YMCA 2610 Pelham Parkway, Pelham, AL 35724	Alane Cleavelin	acleavelin@ymcabham.org
Rock Steady Boxing	Prattville - YMCA Wellness Branch 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	Sheffield , Helen Keller Wellcare 1021 11 th Street SW, Sheffield, AL 35660	Brianna Maharrey	1.256.386.4747
Parkinson's Movement Classes	Trussville , YMCA of Trussville 5920 Valley Road, Trussville, AL 35173	Brianna Richardson Richard Payne, rpayne@ymcabham.org	1.205.655.2224
PWR!, Boxing, Cycling, General Movement	Tuscaloosa – YMCA Downtown Branch	Riley Strickland	1.205.345.9622