

Exercise & Activity Groups

ART THERAPY

Creativity in Motion

2nd & 4th Monday 1-3pm

Becca Jacobs 513-475-8792

becca.jacobs@uchhealth.com

UC Gardner Neurological Institute

Multipurpose Rm 1109, 1st Floor

3113 Bellevue Ave

Cincinnati, OH 45219

Steady Strides Singers

2nd & 4th Monday 1-2pm \$5

Janet Langhorst

jlanghorst@cinci.rr.com

The Church of the Redeemer

2944 Erie Avenue

Cincinnati, OH 45208

BOXING

Anderson

Boxing/Dance Foundations

Lisa Coors 513-233-2673

lisa@coorscorefitness.com-

Wednesday 12-12:50pm

Coors Core Fitness

7693 Beechmont Ave

Cincinnati, OH 45255

Blue Ash

\$25/mo. unlimited

Lisa Coors 513-233-2673

lisa@coorscorefitness.com

Monday 9-9:45am

Parkinson's Community Fitness

9687 Kenwood Rd

Blue Ash, OH 45242

Delhi

Maureen Scheiner 513-347-5514

maureen.scheiner@bayleylfe.org

Wednesday 2:30-3:30pm

Bayley Fitness Club

401 Farrell Court

Cincinnati, OH 45233

Liberty Twp. \$15/class

Amy Bertram, 513-543-3188

info@theneurofitgym.com

Mon, Weds, Fri 11am-12noon

The NeuroFit Gym

4155 Tonya Trail

Hamilton, OH 45011

Rock Steady Boxing

Blue Ash \$150/10 or \$250/20

Sarah Palmer, 513-404-1918 or

sarah@foreverfitnesscincinnati.org

Basic Tuesday, Thursday 2-3pm

Advanced Tues, Thurs 3:30-4:30pm

ForeverFitness

4542 Cornell Rd

Blue Ash, OH 45241

Dayton

Alex Sheets/Craig Cole 937-433-2110

Tuesday, Thursday 2-3:30pm

Bethany Village

6451 Far Hills Ave

Dayton, OH 45459

Eaton \$45/month

Matthew Wright 765-983-3092

Tues, Thurs 2:30-3:30pm,

3:30-4:30pm

Reid Eaton Rehab

550 Hallmark Dr

Eaton, OH 45347

Connersville, IN \$45/month

Matthew Wright 765-983-3092

Tuesday, Thursday 10-11am

Reid Healthworks

3542 Western Ave

Connersville, IN 47331

Liberty Twp. \$15/class

Amy Bertram 513-543-3188

info@theneurofitgym.com

Mon, Weds, Fri 12-1pm

The NeuroFit Gym

4155 Tonya Trail

Hamilton, OH 45011

Richmond, IN \$45/month

Matthew Wright 765-983-3092

Mon, Weds, Fri 8-9am, 10-11am,

11am-12pm

Reid Rehab

2021 Chester Blvd

Richmond, IN 47374

Oxford \$45/month

Matthew Wright 765-983-3092

Weds, Fri 8-9am

Chestnut Fieldhouse

131 Chestnut St.

Oxford, OH 45056

DANCE

CB Moves for Parkinson's

Cincinnati Ballet \$10/pair

Monday 12-1:15pm

Wednesday, Friday 2-3:15pm

1801 Gilbert Ave

Cincinnati, OH 45202

513-562-1111

cbacademy@cballet.org

Dancing with Parkinson's Yellow Springs Senior Center

Wednesday 2-3pm

227 Xenia Ave

Yellow Springs, Ohio 45387

Jill Becker 937-430-8710

Elite Dance

Parkinson's Community Fitness

Monday 11-11:45am

Lisa Coors 513-233-2673

lisa@coorscorefitness.com

9687 Kenwood Rd

Blue Ash, OH 45242

EXERCISE

Coors Core Fitness

Lisa Coors 513-233-2673

lisa@coorscorefitness.com

7693 Beechmont Ave

Cincinnati, OH 45255

Move it or Lose It: Advanced

Saturday 10:15-11am

Move it or Lose It:

Advanced/Foundations

Tues 1:15-2:15pm

Move it or Lose It: Elite

Tuesday 12-1pm

Delay the Disease

Hamilton Non-Members \$20

Anna Flanagan 513-720-9940

ajflanagan@gmvymca.org

Tuesday, Thursday 2-3pm

East Butler County YMCA

6645 Morris Road

Hamilton, OH 45011

Liberty Twp. \$15

Amy Bertram 513-543-3188

info@theneurofitgym.com

Monday, Wednesday 1:15-2:15pm

The NeuroFit Gym

4155 Tonya Trail

Hamilton, OH 45011

Exercise

Mon 1-1:50pm

Tues, Weds, Thurs, Fri 11-11:50am

Angela Perkins 513-418-5867
Daniel Drake Wellness Center
151 W Galbraith Rd
Cincinnati, OH 45216

Exercise & Chair Volleyball

Thursday 4:30-5:30pm

Mason Community Center
6040 Mason-Montgomery, Mason 45040
Sandy Tinsler 513-456-3212
pstinsler@gmail.com

foreverfitness \$11-15/class

Sarah Palmer 513-404-1918
sarah@foreverfitnesscincinnati.org
4542 Cornell Rd, Blue Ash, OH 45241

Balance & Stretch online

Friday 10-11am

Brain Games online

Biweekly Weds. 11:30am-12:15pm

PD Cardio online

Tuesday 11:15am-12:15pm

PWR! Circuit

Friday 2-3pm hybrid

PWR! Moves

Basic Monday 2-3pm

Mixed Level online

Wednesday 2-3pm

Thursday, Saturday 10-11am

Advanced online

Monday 5:30-6:45pm

PD FUNCTIONal Fitness: Cardio, Strength & Boxing

Monday 3:30-4:30pm

Thursday 10-11am

Mind & Motion

Monday, Friday 10:15-11:15am

Denise Rose 812-926-2311,
drose@aurora.in.us

Aurora Rec. Community Center
404 Green Blvd, Aurora, IN 47001

The NeuroFit Gym \$15

Amy Bertram, 513-543-3188
info@theneurofitgym.com
4155 Tonya Trail
Hamilton, OH 45011

Cog-Cardio Weds 11am-12noon

Neuro Bootcamp Weds 5-6pm

Strength Class Mon 5:15-6:15pm,

Tues 12:15-1pm

Total Body Thurs 5:15-6:15pm

Parkinson's Community Fitness \$25/mo. unlimited

Lisa Coors 513-233-2673
lisa@coorscorefitness.com
9687 Kenwood Rd, Blue Ash, OH 45242

Cardio Drumming Thurs 10-10:45am

Chair Volleyball Tues 1-1:45pm

Cornhole Friday 1-1:45pm

Floor Stretch

Mon, Weds 10:15-10:45am

PD Adv. Tues, Thurs 11-11:45am

PD Elite Tuesday 10-10:45am

PD Elite Strength Weds 11-11:45am

PD Foundations Tues, Thurs 12-12:45pm

Seated Cardio

Mon 1-2pm, Fri 11-11:45am

Strength Training Foundations

Friday 10-10:45am

Parkinson's Fit Club Free

Tyler McLean 937-401-6109
tyler.mclean@ketteringhealth.org

Centerville

Neuro Rehab & Balance Center
7677 Yankee Street #210
Centerville, OH 45459

Medium Intensity Mon, Weds 1-2pm

High Intensity Tues, Thurs 4-5pm

Mixed Level Tuesday 1-2pm

Dayton Weds 3:30-4:30pm

Dayton Metro Library West Branch
300 Abbey Ave, Dayton, OH 45417

PWR! Moves \$8/class

Tuesday, Thursday 1pm

812-934-6006

Southeastern Indiana YMCA
30 State Rd 129, Batesville, IN 47006

YOGA

Chair Yoga

Parkinson's Community Fitness

\$25/mo. unlimited

Lisa Coors 513-233-2673
lisa@coorscorefitness.com
9687 Kenwood Rd, Blue Ash, OH 45242

Foundations Monday 12-12:45pm

Mixed Level Friday 12-12:45pm

Floor Yoga

Coors Core Fitness

Lisa Coors 513-233-2673
lisa@coorscorefitness.com
7693 Beechmont Ave
Cincinnati, OH 45255

Elite Thursday 12-12:50pm

The NeuroFit Gym \$15

Amy Bertram 513-543-3188
info@theneurofitgym.com

Friday 12:15-1pm

4155 Tonya Trail
Hamilton, OH 45011

By Appointment

Alpha Neuro Fitness

Adam Magee 859-609-2155
alphaneurofitness@gmail.com

Coors Core Fitness

Dayton: Mary Sarah 937-287-3255
Cincinnati: Lisa Coors 513-233-2673

Empower Balance Therapy & Wellness

Lindsey Hershberger 513-855-2092
Lindsey@empowerbalance.info

foreverfitness

Sarah Palmer 513-404-1918
sarah@foreverfitnesscincinnati.org

Parkinson's Community Fitness

Lisa Coors 513-233-2673

The NeuroFit Gym

Amy Bertram 513-543-3188
info@theneurofitgym.com

LSVT Big Exercise

Daniel Drake Center

Stephani Bellm 513-418-2709
stephani.kohls@uhealth.com

Gateway Rehabilitation Hospital

859-426-2415

Jewish Hospital—Mercy Health

Colleen Meyrose 513-686-3254
alanham@mercy.com

Seniority Wellness & Consulting

Dr. Angela Onyekanne 513-799-8263
info@senioritywc.com

Superior Rehab & Balance

Logan Waddell 513-368-5212

Yoga with Sharon Byrnes

Sharon Byrnes 513-658-1952
sharonbyrnesyoga@gmail.com