



Wisconsin Wellness Programs by City

We do our best to maintain a current list, but we advise that you call the number prior to attending to ensure the group is still active. Unless otherwise specified, these listings are independent and unaffiliated with the Parkinson's Foundation.

<u>Abbotsford</u>	<u>Greenfield</u>	<u>Oregon</u>
<u>Appleton</u>	<u>Greenville</u>	<u>Oshkosh</u>
<u>Ashland</u>	<u>Hartford</u>	<u>Pewaukee</u>
<u>Athens</u>	<u>Hartland</u>	<u>Racine</u>
<u>Baraboo</u>	<u>Hayward</u>	<u>Shawano</u>
<u>Bayfield</u>	<u>Janesville</u>	<u>Sheboygan</u>
<u>Beaver Dam</u>	<u>Kenosha</u>	<u>Spooner</u>
<u>Beloit</u>	<u>Kiel</u>	<u>Stoughton</u>
<u>Brookfield</u>	<u>Kimberly</u>	<u>Sturgeon Bay</u>
<u>Brown Deer</u>	<u>Kohler</u>	<u>Summit</u>
<u>Burlington</u>	<u>La Crosse</u>	<u>Sun Prairie</u>
<u>Cable</u>	<u>Madison</u>	<u>Thiensville</u>
<u>Chippewa Falls</u>	<u>Manitowoc</u>	<u>Watertown</u>
<u>Cudahy</u>	<u>Marshfield</u>	<u>Waukesha</u>
<u>Eau Claire</u>	<u>Mequon</u>	<u>Wausau</u>
<u>Fish Creek</u>	<u>Middleton</u>	<u>Wautoma</u>
<u>Fitchburg</u>	<u>Milwaukee</u>	<u>Wauwatosa</u>
<u>Fond Du Lac</u>	<u>Minocqua</u>	<u>West Allis</u>
<u>Fort Atkinson</u>	<u>Mount Pleasant</u>	<u>West Bend</u>
<u>Glendale</u>	<u>Neenah</u>	<u>West Milwaukee</u>
<u>Grafton</u>	<u>New Berlin</u>	<u>Whitefish Bay</u>
<u>Green Bay</u>	<u>Oconomowoc</u>	<u>Wisconsin Rapids</u>

If you would like to be added to this list, or if the details of your program need to be updated, please contact us by emailing Midwest@parkinson.org.

September 2022



Wisconsin Local Wellness Programs

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ABBOTSFORD

Dycora Transitional Health and Living - Abbotsford

Abbotsford LSVT Exercise Group

Location: Abbotsford, WI 54405

For more information, contact Trina Tiffany - 715-574-9406

APPLETON

Appleton Dance for PD class

Dance for PD

Location: Appleton, WI 54304

For more information contact Lisa at 920-737-1140 or lisa@empowermentdance.com.

Link to website [here](#).

YMCA Apple Creek

Appleton- Pedaling for Parkinson's Exercise Group

Location: Appleton, WI 54913

For more information, contact Amanda Vanderlogt-920-702-2316,

avanderlogt@ymcafoxcities.org.

Appleton YMCA

Appleton- Pedaling for Parkinson's Exercise Group

Location: Appleton, WI 54911

For more information, contact Brianne Connelly- 920-739-6135,

bconnelly@ymcafoxcities.org.

Touchmark at West Prospect

Appleton- PWR! Exercise Group

Location: Appleton, WI 54914

For more information, contact Calissa Palches- 920-225-1032

ASHLAND

The Enrichment Center

Ashland Rhythm & Moves: Exercise Group

Location: Ashland, WI 54806

For more information, contact Laura Kinney-715-682-9198; Rebecca Nelson- 715-681-0006



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ATHENS

Athens Fire Hall

Athens LSVT BIG Exercise Group

Location: Athens, WI 54411

For more information, contact Trina Tiffany - 715-574-9406, info@lsvtglobal.com

BARABOO

Pulse Fitness & Training

Baraboo Boxing for Parkinson's: Exercise Group

Location: Baraboo, WI 53913

For more information, contact Brandon Green-608-448-2807 or pulse@baraboopulse.com.

BAYFIELD

Bayfield Presbyterian Church

Bayfield-Parkinsong Choir Exercise Group

Location: Bayfield, WI, 54814

For more information, contact Jeff Obst-715-209-0807 jeffobst@pga.com; Mary Rehwald 715-682-4662 mary.rehwald@gmail.com.

BEAVER DAM

Martial Arts America

Beaver Dam Rock Steady Boxing Exercise Group

Location: Beaver Dam, WI 53916

For more information, contact Scott Krenz-920-887-7545

Stone Terrace Residential Apartments (2nd Floor)

Beaver Dam Tremble Clefs

Location: Beaver Dam, WI 53916

For more information, contact Caitlin Ward-920-887-5998

BELOIT

Rock Steady Boxing

We offer a Rock Steady Boxing Exercise Group

Location: Beloit, WI 53511- Meeting in-person

Fee: Yes

For more information, contact Connie at 608-302-7088



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BROOKFIELD

Wisconsin Athletic Club (WAC)

Brookfield – Boxing & Yoga

Location: Brookfield, WI 53045- Meeting in-person and online

Fee: Yes

For more information, contact Kathy Delker-262-544-4111.

Fitness Together (updated July 2023)

Personal training in a private suite led by a certified personal trainer. All trainers have completed advanced training for working with clients who have mobility or cognitive impairments, including PD.

Location: Brookfield, WI 53045 – Meeting in-person and online

Fee: Yes

For more information, contact Kevin Baker at (262) 444-3657 or

kevinbaker@fitnesstogether.com.

Link to website [here](#).

BROWN DEER

Schroeder YMCA and Aquatic Center

Brown Deer- Exercise Group

Location: Milwaukee, WI 53209

For more information, contact Carly Hoelzel-414-354-9622

BURLINGTON

Burlington Activity and Senior Center

Burlington Parkinson's Movement & Music Exercise Group

Location: Burlington, WI 53105- Meeting in-person

Fee: Free

For more information, contact Mary Spidell-Wood- 414-430-3561,

maryw@wiparkinson.org.

CABLE

Cable UCC

Cable Exercise Group

Location: Cable, WI 54821

For more information, contact Sarah- 715-794-2548, rhythm.moves@gmail.com.



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CHIPPEWA FALLS

Trinity United Methodist Church

Chippewa Falls Parkinson's Movement & Music Exercise Group

Location: Chippewa Falls, WI 54729

For more information, contact Ellen Dovre-715-379-6539 dovre@charter.net; Ursula Whelan-715-723-3726

CUDAHY

YIM South Shore Center

Cudahy Delay the Disease Exercise Group

Location: Cudahy, WI 53110

For more information, contact Chris Jansen- 414-574-5111

Cudahy Parkinson's Movement & Music Exercise Group

Kelly Senior Center

Location: Cudahy, WI 53110- Meeting in-person

Fee: Free

For more information, contact Mary Spidell-Wood-414-430-3561, maryw@wiparkinson.org.

EAU CLAIRE

Rock Steady Boxing Chippewa Valley *(updated February 2024)*

We offer multi-layer wellness and exercise support to help reduce or improve the symptoms of PD.

Location: Eau Claire, WI 54701 – Meeting in-person and online

Fee: Yes

For more information, contact Allison Triebold at rtbfitness3@gmail.com or 715-760-2763.

Link to Website [here](#).

Dove Healthcare - South Eau Claire

Eau Claire-LSVT BIG for Life Exercise Group

Location: Eau Claire, WI 54701

For more information, contact Erin Hoelscher- 715-552-1035, info@dovehealthcare.com.



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Yoga and More

LSVT and Power Moves

Location: Eau Claire, WI 54701- Meeting in-person

Fee: Free

For more information, contact Ellen Dovre- 715-379-6539, dovre@charter.net.

FISH CREEK

Door County YMCA

Fish Creek – Parkinson's exercise class

Location: Fish Creek, WI 54212

For more information, contact Adam Peronto- 920-854-4111

adam.peronto@dcmmedical.org, Megan Schneider-920-868-3650, Carl Grota -920-746-0410,

FITCHBURG

Bakke Athletics

RSB enables people with Parkinson's disease to fight their disease by providing non-contact boxing style fitness programs that improve their quality of life and sense of efficacy and self-worth.

Location: Fitchburg, WI 53719- Meeting in-person

Fee: Yes

For more information, contact Patti Batt at 608-276-8074 or steph@bakkeathletics.com.

Link to website [here](#).

Hybrid Athletic Club LLC

Fitchburg Rock Steady Boxing Exercise Group

Location: Fitchburg, WI 53719

For more information, contact Kjersten Bakke- 608-276-8074

Fitchburg Senior Center

Fitchburg Tango for Parkinson's Exercise Group

Location: Fitchburg, WI 53711

For more information, contact Fitchburg Senior Center-608-270-4290

FOND DU LAC

Fond Du Lac Family YMCA

Fond Du Lac Parkinsons Exercise Class

Location: Fond Du Lac, WI 54935

For more information, contact Joel Mason & Martha Swift 920-921-3330,

masonj@agnesian.com.

This listing is provided for informational purposes only. Call our Helpline for more info: 1-800-4PD-INFO (473-4636).

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Fond Du Lac Senior Center

Fond Du Lac Parkinsons Movement & Music

Location: Fond Du Lac, WI 54935

For more information, contact Wisconsin Parkinsons Association- 414-312-6990, mail@wiparkinson.org.

FORT ATKINSON

Fort HealthCare Therapy & Sport Center

Fort Atkinson LOUD Crowd Exercise Group

Location: Fort Atkinson, WI 53538

For more information, contact Kelly Foster-920-563-9357, kelly.foster@forthc.com.

Parkinson Pack

Community-based exercise program that sparks fun & adventure in movement by utilizing the Activator Poles! The majority of the classes will be held outside to simulate real world experiences & accentuate the numerous benefits of nature.

Location: Fort Atkinson, WI 53538- Meeting in-person

Fee: Free

For more information contact Joy Cochran at 307-631-3414 or joyexplorations@gmail.com.

Link to website [here](#).

GLENDALE

Nicolet Recreation Department

Glendale Movement Class Exercise Group

Location: Milwaukee, WI 53217

For more information, contact Laurie Shawger-414-292-3900 x4808

GRAFTON

Grafton Exercise class

Location: Grafton, WI 53024

For more information, contact Teresa Steffen-262-512-0206

Aurora Medical Center - Grafton

Grafton LSVT/Exercise Class

Location: Aurora, WI 53024

Fee: Free

For more information, contact Emily Belter or Chris Potter- 262-329-2700



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GREEN BAY

Green Bay Parkinson's and Neuro exercise class

Location: Green Bay, WI 54301

For more information, Traci Ombrello- 920-337-1122

Aurora BayCare Orthopedic & Sports Medicine Center

Green Bay PWR! exercise class

Location: Green Bay, WI 54311

For more information, Kelly Gerl-920-288-4700

Aurora BayCare Orthopedic & Sports Medicine Center

Green Bay Amp It Up! exercise class

Location: Green Bay, WI 54311

For more information, Kelly Gerl-920-288-4700

Green Bay Dance for PD Class

PD dance class

Location: Green Bay, WI 54304

For more information, contact Lisa- 920-737-1140 or lisa@empowermentdance.com.

Link to website [here](#).

New Berlin Dance for PD

Dance for PD

Location: Green. Bay, WI 54304

For more information contact Lisa at 920-737-1140 or lisa@empowermentdance.com.

Link to website [here](#).

Rock Steady Boxing Classes, Western Racquet & Fitness Club (updated April 2023)

Location: Green Bay, WI 54311 – Meeting in-person

Fee: Yes; free assessment available.

For more information, Kari Merrill at (920) 497-1161 or

kari.merrill@westernracquet.com.

Link to website [here](#).

West Side YMCA - Greater Green Bay YMCA

Green Bay Exercising with Parkinson's

Location: Green Bay, WI 54313

For more information, contact Ashley Verbeten 920-272-3380 or

Ashley.verbeten@hshs.org.



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Mobil and Fit

PD targeted exercise, participants encouraged to work at their own level

Location: Green Bay, WI 54311- Meeting in-person

Fee: Yes

For more information, contact Ellen Linskens at 920-288-5559 or ellen.linskens@aah.org.

Aurora BayCare Orthopedic & Sports Medicine Center

Green Bay Speech Therapy: Raise Your Voice

Location: Green Bay, WI 54311

For more information, contact Karen Floriano-Heimerl at 920-288-5541 or karen.floriano-heimerl@aurora.org.

GREENFIELD

Wisconsin Athletic Club

Greenfield Combat PD Exercise Class

Location: Greenfield, WI 53228- Meeting in-person

Fees: Yes

For more information, contact Mary 414-427-6500

Greenfield Community Center

Greenfield Exercise Class

Location: Greenfield, WI 53220

For more information, contact Mary Spidell-Wood - 414-430-3561

GREENVILLE

Fox West YMCA

Greenville Pedaling for Parkinson's Exercise Group

Location: Greenville, WI 54942

For more information, contact Maggie Pawloski- 920-560-0424, mpawloski@ymcafoxcities.org

HARTFORD

Aurora Medical Center

Hartford Exercise Group

Location: Hartford, WI 53027

For more information, contact Kris, Sharon or Jenna-262-670-7233



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HARTLAND

Lake Country Racquet & Athletic Club

Hartland – Rock Steady Boxing

Location: Hartland, WI 53029

For more information, contact Ann Glo- 262-367-4999, glora@lcclub.com;

HAYWARD

Senior Resource Center

Hayward Rhythm & Moves Exercise Group

Location: Hayward, WI 54843

For more information, contact Ann Glo- 262-367-4999, glora@lcclub.com;

JANESVILLE

SOL Fitness & Personal Training

Janesville Exercise Group and Rock Steady Boxing

Location: Janesville, WI 53546

For more information, contact Connie Udell- 608-302-7088

SOL Fitness & Personal Training

Janesville Rock Steady Boxing Group

Location: Janesville, WI 53546

For more information, contact Connie Udell- 608-302-7088

KENOSHA

Kenosha Academy of Performing Arts

Kenosha Dance

Location: Kenosha, WI 53142

For more information, contact Elly Schaaf- 314-757-4045

Froedtert Kenosha Hospital

Kenosha Exercise Group

Location: Kenosha, WI 53143

For more information, contact Kristine DeCant- 262-551-4912

Go The Distance Fitness

Kenosha Rock Steady Boxing Exercise Group

Location: Kenosha, WI 53143

For more information, contact Julie Nellessen- 847-804-7783,

lindenhurst@rsb.affiliate.com

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KIEL

Kiel Community Center

Kiel Parkinson's Movement & Music Exercise Group

Location: Kiel, WI 53042

For more information, contact Missy Brandt- 920-894-7861, missy.brandt@kielwi.gov

KIMBERLY

Heart of the Valley YMCA

Kimberly– Pedaling for Parkinson's

Location: Kimberly, WI 54136

For more information, contact Paula Beyer- 920-830-5700, pbeyer@ymcafoxcities.org

KOHLER

Sports Core

Kohler Rock Steady Boxing Exercise Group

Location: Kohler, WI 53044

For more information, contact Hannah Julka at 920-208-4664 or sportscorememberservices@kohler.com.

LA CROSSE

STAR Center, City of La Crosse (updated February 2024)

Parkinson's Exercise Class and Rock Steady Boxing.

Location: La Crosse, WI 54601 – Meeting in-person

Fee: No

For more information, contact Brianna Holden at (608) 797-6295 or bholden@starcenterlacrosse.org.

Link to Website [here](#).

MADISON

UW Health Sports Medicine Clinic

Madison Exercise Group

Location: Madison, WI 53711

For more information, contact Melissa Mattioda-608-265-8303

Lussier Family West YMCA

Madison Pedaling for Parkinson's Exercise Group

Location: Madison, WI 53719

For more information, contact Sharon Baldwin- 608-906-8815



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Bliss Flow Yoga and Wellness Center

Madison Yoga Exercise Group

Location: Madison, WI 53705

For more information, contact 608-233-2577

Mendota Rowing Club

Madison – Rowing with PD

Location: Madison, WI 53703

For more information, visit <https://mendotarowingclub.com/event-3418995>

UW Health Research Park Clinic

Madison – Parkinson's exercise class

Location: Madison, WI 53711

For more information, contact Melissa Mattioda- 608-265-8303

Madison Central Library

Madison – Ballroom Basics for Balance

Location: Madison, WI 53703- Meeting in-person and online

Fees: Yes

For more information, contact Madison Senior Center 608-266-6581

UW Health Research Park Clinic

Madison – Parkinson's Tango!

Location: Madison, WI 53711

For more information, contact Dr. Kristen Pickett-608-890-2103, mkpickett2@wisc.edu

YAFA (Yoga Accessible for All), UW American Center

Madison – Yoga

Location: Madison, WI 53718

For more information, contact Iris Mickey- 608-446-4600

Hybrid Athletic Club Rock Steady Boxing

Madison – Rock Steady Boxing

Location: Madison, WI 53719

For more information, contact Sarah Berndt- 608-276-8074

Ford's Gym

Madison – Boxing

Location: Madison, WI 53704

For more information, contact Barbara Wiechers- 608-513-2118

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Lussier Family East YMCA

Madison – Pedaling for Parkinson's

For more information, contact Sharon Baldwin- 608-906-8815,

sharon.baldwin@ymcadanecounty.org

MANITOWOC

Manitowoc Two Rivers YMCA

Manitowoc Aquatic Exercise Class

Location: Manitowoc, WI 54220

For more information, contact Candy Ruffolo- 920-482-1578 cruffolo@mtrymca.org;

Krystel Otto-920-482-1523 kotto@mtrymca.org, Carolyn Jensen-920-682-0341

Holy Family Memorial

Manitowoc – Exercise class

Location: Manitowoc, WI 54220

For more information, contact Pamela Posvik- 920-320-4600

MARSHFIELD

Faith Lutheran Church

Marshfield-For graduates of LSVT Exercise Group

Location: Marshfield, WI 54449

For more information, contact Trina Tiffany- 715-574-9406

MEQUON

Mequon Methodist Church (Fellowship Hall)

Mequon – Tai Chi exercise class

Location: Mequon, WI 53092

For more information, contact Herb Ayers-262-242-7703, Rev. Sue Lee-

pastor@mequonumc.org

MIDDLETON

Harbor Athletic Club

Middleton Various Exercise Group

Location: Middleton, WI 53562

For more information, contact Courtney Weis- 608-821-6501



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MILWAUKEE

INVIVO

Milwaukee Group Therapy Yoga

Location: Milwaukee, WI 53212

For more information, contact Tina Romenesko- 414-265-5606,

info@invivowellness.com

Aurora Sinai Medical Center

Milwaukee-LSVT BIG and LOUD Exercise Group

Location: Milwaukee, WI 53233

For more information, contact Erica Vitek- 414-219-7127

Inner Light Yoga Studio

Milwaukee – Yoga

Location: Milwaukee, WI 53222

For more information, contact Heather- 414-502-0856,

innerlightyogastudios@gmail.com.

Milwaukee Yoga Center

Milwaukee – Yoga

Location: Milwaukee, WI 53211

For more information, contact Linda Murphy- 414-332-3551, linda@mycmke.com.

MINOCQUA

Minocqua Public Library

Minocqua Parkinson's Movement & Music Exercise Group

Location: Minocqua, WI 54548

For more information, contact Melanie Panush Lindert

MOUNT PLEASANT

Neuro Advantage Rehabilitation

Exercise class for people with Parkinson's

Location: Mount Pleasant, WI 53177 – Meeting in-person

Fee: Yes

For more information, contact Megan Kramp at 262-260-8451 or

kramp.megan@neuroadvantagerehab.com.

Link to Website [here](#).



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NEENAH

Neenah-Menasha YMCA

Neenah Pedaling for Parkinsons

Location: Neenah, WI 54956

For more information, contact Susan Christel-920-729-9622,
schristel@ymcafoxcities.org

NEW BERLIN

New Berlin YMCA Wellness Center

New Berlin-Exercise Group

Location: New Berlin, WI 53151

For more information, contact Hanna Misiak- 262-330-5214, hmisiak@gwcymca.org.

Neuro Path Wellness

Includes Rock Steady Boxing, PWR!Moves, Empowerment Dance, Urban Poling and more.

Location: New Berlin, WI 53151 – Meeting in-person and online

Fee: Yes

For more information, contact Patrick Barron at 262-682-1842 or
patrick@fastbackpt.com.

Link to Website [here](#).

OCONOMOWOC

YMCA at Pabst Farms

Oconomowoc Exercise Group

Location: Oconomowoc, WI 53066

For more information, Register at Member Service or call 262-567-7251 (for Cathi, her extension is 1131) or Contact Cathi Dorn Senior Adult Program Director at
cdorn@glcymca.org

OREGON

Oregon Area Senior Center

We offer PD exercise classes

Location: Oregon WI, 53575- Meeting in-person

Fee: Yes

For more information contact Emily Devine or Jessica Hoyt at 608-835-5373



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OSHKOSH

Oshkosh Seniors Center

Oshkosh Exercise class

Location: Oshkosh, WI 54902

For more information, contact Jane Wells 920-232-5303 OR Amanda Ubbelohde- 920-232-5320

Oshkosh Community YMCA

Oshkosh – Rock Steady Boxing

Location: Oshkosh, WI 54904

For more information, contact Rich Roehrick- 920-230-8919,
richroehrick@oshkoshymca.org.

Oshkosh Community YMCA Downtown

Oshkosh Steady Boxing- Downtown

Location: Oshkosh, WI 54901

For more information, contact Rich Roehrick- 920-230-8919,
richroehrick@oshkoshymca.org.

Bella Vista

Oshkosh Exercise Group

Location: Oshkosh, WI 54901

For more information, contact Beth Waller- 920-233-6667

PEWAUKEE

Rock Steady Boxing, West Wood Fitness

A certified Rock Steady Boxing instructor will lead you through a 1-hour small group class.

Location: Pewaukee, WI 53072 – Meeting in-person

Fee: Yes

For more information, contact Anne Barber at (262) 513-7209 or
abarber@westwoodfitness.org.

Link to Website [here](#).

RACINE

Racine Family YMCA

Racine – Exercise class

Location: Mt Pleasant, WI 53406

For more information, contact Lyn Boehm or Jon Swartz - 262-898-4551,
lboehm@ymcaracine.org.

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SHAWANO

Total Fitness

Shawano Exercise Group

Location: Shawano, WI 54166

For more information, contact Jean Darling- 715-526-289

SHEBOYGAN

Aurora Sheboygan Memorial Medical Center

Sheboygan Exercise Group

Location: Sheboygan, WI 53083,

For more information, contact Stacey Rooker- 920-451-5550

STOUGHTON

Stoughton Health Parkinson's Exercise

Improve function, mobility, quality of life and reduce falls in a fun atmosphere! Exercise classes are led by Physical Therapist to help people diagnosed with Parkinson's disease start to feel and function better.

Location: Stoughton, WI 53589- Meeting in-person

Fee: Yes

For more information, contact Emily Devine, DPT at 608-873-2313 or

edevine@stoughtonhealth.com.

Link to website [here](#).

STURGEON BAY

Door County YMCA Sturgeon Bay Program Center

Sturgeon Bay Exercise Group

Location: Sturgeon Bay, WI 54235

For more information, contact Carl Grota- 920-746-0410; Christine Webb Miller- 920-743-4949.

SUMMIT

Aurora Medical Center

Summit Exercise Group

Location: Oconomowoc, WI 53066

For more information, contact Katie Teijido- 262-434-2600



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SUN PRAIRIE

Sun Prairie Branch YMCA

Sun Prairie Exercise Group

Location: Sun Prairie, WI 53590

For more information, contact 608-837-8221

THIENSVILLE

FYZICAL (Therapy and Balance Center)

Thiensville – Exercise class

Location: Thiensville, WI 53092

For more information, contact Mary Beth Scalise- 262-478-0920, NSPTTV@gmail.com.

WATERTOWN

Watertown Senior Citizens Center

Watertown Parkinson's Movement & Music Exercise Group

Location: Watertown, WI 53094

Fee: Free

For more information, contact Joy Cochren at 307-631-3414 or

joyexplorations@gmail.com.

Parkinson Exercise Program- Journey to the Optimal You through Adventure and Exploration, JOY Explorations LLC

Parkinson's Exercise Program

Location: Watertown, WI

For more information, contact Joy Cochran at joyexplorations@gmail.com.

Link to website [here](#).

WAUKESHA

Waukesha YMCA Center

Waukesha Exercise Group

Location: Waukesha, WI 53186

For more information, contact Kristine DeKarske- 262-542-2557

WAUSAU

Woodson YMCA

Wausau – Move Better Exercise Class

Location: Wausau, WI 54403

For more information, contact Shannon Ramsey- 715-845-2177

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5 Koshas Yoga & Wellness

Wausau Yoga Exercise Group

Location: Wausau, WI 54401

For more information, contact Jay Coldwell- 715-298-1954, jay@5koshasyoga.com.

WAUTOMA

Wautoma Fitness 24/7

Wautoma – Rock Steady Boxing Exercise Class

Location: Wautoma, WI 54982 – Meeting in-person

Fee: Yes

For more information, contact Carol Clark- Office: 920-787-5207, Cell: 920-291-6888, wautomafitness@rsbaffiliate.com

Link to Website [here](#).

WAUWATOSA

West Suburban YMCA

Wauwatosa – PD Dance

Location: Wauwatosa, WI 53226

For more information, contact Ashley Johnson; Susanne Carter- 414-454-4645, ajohnson@gwycymca.org; carterproductions@sbcglobal.net

Froedtert Physical Medicine and Rehabilitation

Wauwatosa Exercise Group

Location: Milwaukee, WI 53226

For more information, contact Froedtert & the Medical College of Wisconsin Neurologic Rehab Program at 414-805-3666 or 414-808-3076

Inner Light Yoga Studio

Wauwatosa Group Therapy Yoga

Location: Milwaukee, WI 53222

For more information, contact Biz Casimir-612-801-0188, innerlightyogastudios@gmail.com.

Wisconsin Athletic Club (WAC)

Wauwatosa – PD on the Move

Location: Wauwatosa, WI 53226

For more information, contact 414-328-1300



Wisconsin Local Wellness Programs

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

WEST ALLIS

Aurora West Allis Medical Center

West Allis Exercise Group

Location: West Allis, WI 53227

For more information, contact Laurie Misslich- 414-328-6607

Fast Forward Fitness

West Allis Rock Steady Boxing Exercise Group

Location: West Allis, WI 53214

For more information, contact Darrell Jack- 262-325-0272

WEST BEND

Kettle Moraine YMCA

West Bend Exercise Group

Location: West Bend, WI 53095- Meeting in-person

Fee: Free

For more information, contact Beth Dieringer- 262-247-1050

AIMS Fitness LLC

West Bend Rock Steady Boxing Exercise Group

Location: West Bend, WI 53090

For more information, contact Jen Lenzendorf- 262-909-0602

WEST MILWAUKEE

Village of West Milwaukee Community Center

West Milwaukee Exercise Group

Location: West Milwaukee, WI 53214

For more information, contact Mary Spidell-Wood-414-430-3561

WHITEFISH BAY

The Harry & Rose Samson Family Jewish Community Center

Whitefish Bay Parkinson's Dance Class Exercise Group

Location: Milwaukee, WI 53217

For more information, contact Susanne Carter- 414-871-1523



Wisconsin Local Wellness Programs

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WISCONSIN RAPIDS

Parkinson's Power (updated November 2023)

This is an upbeat class, with great music, designed to get the body moving while focusing on strength, balance and mobility. All ability levels welcome - caregivers are welcome as well!

Location: Wisconsin Rapids, WI 54495 – Meeting in-person

Fee: Free for YMCA members / \$5 for non-members

For more information, contact Heather McCarthy at (715) 422-5229 or mccarthy.heather.l@marshfieldclinic.org.