



Florida Wellness Programs by County

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. This list is not an endorsement or recommendation of a specific resource or service.

**An asterisk denotes a program funded by a [Parkinson's Foundation Community Grant](#).*

<u>Alachua</u>	<u>Martin</u>
<u>Bay</u>	<u>Miami Dade</u>
<u>Brevard</u>	<u>Monroe</u>
<u>Broward</u>	<u>Nassau</u>
<u>Clay</u>	<u>Orange</u>
<u>Collier</u>	<u>Palm Beach</u>
<u>Duval</u>	<u>Pinellas</u>
<u>Hillsborough</u>	<u>Sarasota</u>
<u>Highlands</u>	<u>St. Johns</u>
<u>Lee</u>	<u>Sumter</u>
<u>Leon</u>	<u>Volusia</u>
<u>Manatee</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 florida@parkinson.org.

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ALACHUA

GAINESVILLE

***Parkinson's Disease Outreach Program to African Americans in Alachua County, University of Florida**

Location: Gainesville, FL

For more information, contact Irene Malaty at irene.malaty@neurology.ufl.edu

Link to website [here](#).

Speak Up Virtual Speech Therapy LLC

Location: Gainesville, FL 32608 – Meeting Online

For more information, contact Emily Herndon, MA, CCC-SLP at emily@speakupvirtualspeechtherapy.com or call (352)-562-3618.

BAY

PANAMA CITY

Dancing for Parkinson's

Lead instructors: Austin Evans, Jay Holmes

Location: Panama City, FL 32401

Fee: No

For more information, contact (850) 215-4453.

BREVARD

MELBOURNE

Rock Steady Boxing at Advance Fitness

Location: Melbourne, FL 32935

Fee: Yes

For more information, contact Janie Moia at 321-693-9246 or advancefitness@rsbaffiliate.com.

BROWARD

DAVIE

Wellness and Exercise Programs for People with Parkinson's Disease (PD), Community Centers of South Broward Inc

Location: Davie, FL

For more information, contact Beverly Bachrach at bbachrach@dpjcc.org

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

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Link to website [here](#).

Dance for PD

CarePartners welcome to attend. Lead teacher: Carol Kaminsky

Location: Davie, FL 33328

Fee: No

For more information, contact Audrey at awood@parkinson.org or call 954-434-0499.

FORT LAUDERDALE

Mind & Mobility- PWR! MOVES – PARKINSON’S WELLNESS RECOVERY

Location: Fort Lauderdale, FL 33306

For more information, contact Mind & Mobility at 954-630-3131.

Broward Hospital

North Broward Hospital offers No Tai Chi classes to those living with Parkinson’s.

Location: Fort Lauderdale, FL 33316

For more information, contact Cara Boyarin at 954-712-6878 or cboyarin@browardhealth.org.

AUM hOMe Shala Yoga Therapy

Pre-registration is required | Classes are also open to Caregiver | Space is Limited

Location: Fort Lauderdale, FL 33308

For more information, contact AumHomeShala.org or info@aumhomeshala.org

Link to Website [here](#).

PD Exercise Group- Circuit Class

Target challenges and focus on high level activities, divided in circuits using PWR! Moves and LSVT BIG|. Pre-requisite: no need of assistive device

Location: Fort Lauderdale, FL 33308-5208 – Meeting in-person

Fee: Yes

For more information, contact Lenny Carneiro at 954-245-4798 or email lenny@doctorphysiotw.com.

Link to Website [here](#).

PD Speech Therapy/Support Group

Location: Ft. Lauderdale, FL 33314

Fee: No

For more information, contact Lea Kaploun, MS, CCC-SLP at (954) 262-7707.

PD360, Broward Health

Location: Fort Lauderdale, FL

For more information, contact pasanchez@browardhealth.org.

Link to Website [here](#).



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Parkinson's Disease Exercise Group

All PD Exercise Group members must first be determined to be appropriate and eligible for the Group. First, call the PT/OT Clinic at Ziff Health Care Clinic @ (954) 262-4149 to schedule a one-on-one evaluation. If appropriate, one then must obtain a PT prescription from his/her neurologist or other physician. Once these steps are complete, one is No to join the Group.

Location: Ft. Lauderdale, FL 33314

Fee: Yes

For more information, contact Crystal Marriot or Steve Pfister, DPT at (954) 262-4149.

HOLLYWOOD

Memorial Healthcare System

Offers several classes including Boxing, Dance & Exercise at two locations.

Locations:

- Memorial Regional Hospital Fitness Center - Hollywood, FL 33021
- Memorial Hospital West Fitness Center - Pembroke Pines, FL 33028

For more information, contact Rob Herzog at 954-844-9800.

***Parkinson's Wellness Program, Memorial Foundation, Inc of MHS-Hollywood, FL**

Location: Hollywood, FL 33021 – Meeting Online

For more information, contact Tony Vempala at avempala@mhs.net.

Link to website [here](#).

PLANTATION

Florida Movement Therapy Center-Plantation

Location: Plantation, FL 33322

Fee: Yes

For more information, contact Florida Movement Therapy Centers at 954-900-2594.

Link to Website [here](#).

CLAY

FLEMING ISLAND

GZ Sobol Parkinson's Network Fleming Island

Location: Fleming Island, FL 32003

For more information, contact J.J. Ryan at jjryan@bellsouth.net or Tom Dosrky at tomdorsky@hotmail.com.

COLLIER



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MARCO ISLAND

Expansion of Parkinson's Disease Exercise Programming with Pedaling for Parkinson's and Stretch and Connect, YMCA of South Collier

Location: Marco Island, FL

For more information contact Steve Lampar at grants@marcoy.org

Link to website [here](#).

Rock Steady Boxing Greater Marco Family YMCA

Location: Marco Island, FL 34145

Fee: Yes

For more information, contact Hannah Heidenreich at (239) 394-3144.

Link to Website [here](#).

NAPLES

Movement, Speech, Improvisation – Classes for Parkinson's

Parkinson's Association of Southwest FL, serving Naples, Marco Island, and Bonita Springs.

Location: Naples, FL 34119

For more information, contact (239) 417-3465 or Office@ParkinsonAssociationSWFL.ORG .

Link to Website [here](#).

Parkinson's Dance

Ballet, jazz, improvisation and partner dancing.

Location: Naples, FL 34102

For more information, contact Isabel at (239) 297-2352.

DUVAL

JACKSONVILLE

Brook's Rehabilitation Adaptive Wellness

An individualized exercise program will be developed following an evaluation with a Brooks physical therapist. Participant and staff will create personal goals that can be achieved through supervised exercise hosted at local YMCA

Location: Jacksonville, FL 32216 – Meeting in-person

Fee: Yes

For more information, contact Melina Loving at (904) 451-3580 or

AdaptiveWellness@BrooksRehab.org.

Link to Website [here](#).

Dance for Life – Parkinson's Dance Class

Location: Jacksonville, FL 32211

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For more information, contact Carl Freiberger at 904-256-7398 or ccoble@JU.edu.

Tai Chi UF Health Jacksonville

Location: Jacksonville, FL 32209

For more information, contact Elizabeth Liu at 317-331-3120.

Tai Chi Brooks Family YMCA Jacksonville

Location: Jacksonville, FL 32256

For more information, contact 304-345-6812.

***The PD-MEET (Parkinson's Disease Movement Education and Exercise Therapy) program at University of North Florida**

Location: Jacksonville, FL

For more information, contact Chitra Balasubramanian at c.k-balasubramanian@unf.edu.

Link to website [here](#).

Jax Hope Inc.

Jax Hope, Inc. offers Tai Chi and Rock Steady Boxing

Location: Meeting Online

Fee: Yes

For more information, contact Kristen Gray, Phone: 904-321-9505 or kristen@jaxhopeinc.org

Link to Website [here](#).

Rock Steady Boxing San Marco

Location: Jacksonville, FL 32207

For more information, contact Jason Watson at 904-636-0092 or sanmarco@rsbaffiliate.com.

HILLSBOROUGH

SEFFNER

Pedaling for Parkinson's - YMCA

Location: Seffner, FL 33584

Fee: No (free for 8 weeks)

For more information, contact Jen Barber at 813-685-5402 or jen.barber@tampaymca.org.

Link to Website [here](#).

TAMPA

***Tampa Bay Parkinson's Disease Wellness Initiative, Tampa JCC/Federation Inc.**

Location: Tampa, FL

For more information, contact Pnina Levermore at Pnina.levermore@jewishtampa.com

Link to website [here](#).

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****Philip Shayman Parkinson's Program- Parkinson's Disease Patient and Care Partner Support Groups, University of South Florida**

Location: Tampa, FL

For more information, contact Erica Botting at ericabotting@usf.edu.

Link to website [here](#).

***The Parkinsonlife Corporation: "pdLIFE"- Lifestyle, Information, Fitness, Empowerment: Parkinsonlife Corporation**

Location: Tampa, FL

For more information, contact Meredith DeFranco at meredefranco119@gmail.com

Link to website [here](#).

Rock Steady Boxing Tampa

Location: Tampa, FL 33614

Fee: Yes

For more information, contact Rock Steady Boxing Tampa at 727-229-7537 or tampabay@rsbaffiliate.com.

Pedaling for Parkinson's, Tampa YMCA

Locations:

- [South Tampa YMCA](#), Tampa, FL 33611 - Nancy Belli at nancy.belli@tampaymca.org
- North Tampa YMCA, Tampa, FL 33624 - Jenny Beadle at jenny.beadle@tampaymca.org
- [Tampa Metropolitan Area YMCA](#), Tampa, FL 33602 – Michelle Willis at michelle.willis@tampaymca.org.

Rock Steady Boxing Fishhawk

Location: Valrico, FL 33596

Fee: Yes

For more information, contact Kathy Glazewski at 908-415-0944 or fishhawk@rsbaffiliate.com.

Parkinson's Wellness Initiative

Offers Tai Chi, Stretch & Strengthen, Nia, Water and Movement, and Cycling for People Living with Parkinson's. An intake must be completed prior to participation.

For more information, contact Pnina Levermore at 813-291-2253.

Rock Steady Boxing

Location: Tampa Bay Area, including Palm Harbor, Largo, St. Petersburg and Tampa

Link to Website [here](#).



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HIGHLANDS

SEBRING

Parkinson's Education, Support and Therapeutics Programs in Sebring

Location: Highlands County, FL

For more information, contact Robyn-Faucy Washington at robyn@neurochallenge.org.

Link to Website [here](#).

LEE

FORT MYERS

Hope Parkinson Program, Hope Hospice and Community Services

Location: Fort Myers, FL 33908

For more information, contact Michelle Martin at 239-985-7727 or email

michelle.martin@hopehcs.org .

Link to Website [here](#).

***Punching Out Parkinson's, Hope Hospice and Community Services**

Location: Fort Myers, FL

For more information contact Teresa Stohs at Teresa.stohs@hopehcs.org.

Link to website [here](#).

Speak Easy for PD, Hope Hospice and Community Services

Location: Fort Myers, FL

For more information, contact Teresa Stohs at Teresa.stohs@hopehcs.org

Link to website [here](#).

LEON

TALLAHASSEE

Parkinson's Outreach Association: Parkinson's Choir, Support Groups, Ageless Grace Exercise, and Art Therapy

For more information, contact(850) 364-0230 or contact@theparkinsonsoutreach.org.

Link to Website [here](#).

MARTIN

Punch Out Parkinson's- Cleveland Clinic Martin

Location: Stuart, FL 34994

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For more information, contact (772) 287-5200.

MIAMI DADE

COCONUT GROVE

Yoga Therapy for Mental Health and Parkinson's Disease, AUM Home Shala

Pre-registration is required | Classes are also open to Caregiver |Space is Limited

Location: Miami, FL 33133

For more information, contact Melinda Atkins at (305) 441-9441 or info@aumhomeshala.org.

Link to Website [here](#).

CORAL GABLES

UM Cycling for PD

For more information, contact Christina at 305-284-6524.

KENDALL

Brain Center RSB @ Kendall

Location: Miami, FL 33186

For more information, contact Carolina Hoires at 305-856-8940, ext 104.

MIAMI

Brain Center Comprehensive Wellness Programs for PD

Includes LSVT Based Program, Music Therapy, Yoga Therapy, Caregiver's Support Group.

Location: Miami, FL 33143

For more information, contact Carolina Hoires at 305-856-8940, ext 104.

*** Mind&Melody Music & Movement Program for Parkinson's Participants in Miami and Boca Raton, Mind&Melody, Inc.**

Location: Miami, FL

For more information, contact Cristina Rodriguez cristina@mindandmelody.org.

Link to website [here](#).

South Dade YMCA Family Center Parkinson's Therapy Program, The Young Mens Christian Association of South Florida Inc

Location: Miami, FL

For more information, contact Leah Blanton at lblanton@ymcasouthflorida.org

Link to website [here](#).



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***Tai Chi/Qi Gong & Rock Steady Boxing for Parkinson's Disease Patients and Caregivers: Virtual and Bilingual Program, Neuroscience Centers of Florida Foundation, Inc. d/b/a Brain Center**

Location: Miami, FL – Meeting Online

For more information contact Tamara Robinett at grantrequest@braincenter.org.

Link to website [here](#).

Yoga for Parkinson's, Casa Vinyasa

Location: Miami, FL

For more information, contact Cassie Kitcoff at info@casavinyasamiami.com.

Link to Website [here](#).

MIAMI BEACH

Exercise Program for Newly Diagnosed and Early Onset Parkinson's

The Miami Beach JCC is offering an exercise program to those living with Parkinson's.

Location: Miami Beach, FL 33140

For more information, contact Stacey Hatch at 305-534-3206, ext. 222 or stacey@mbjcc.org.

Brain Center RSB @ Miami Beach

Location: Miami Beach, FL 33140

For more information, contact Carolina Hoires at 305-856-8940 X104.

NORTH MIAMI BEACH

***Rock Steady Boxing, Michael-Ann Russell Jewish Community Center**

The MAR-JCC and Herbert Kay Parkinson's Chapter offer Rock Steady Boxing classes three times per week.

Location: North Miami Beach, FL 33180

For more information, contact Jennifer Enslein, senslein@aol.com.

Link to website [here](#).

Herbert Kay Chapter at the MAR-JCC

The Herbert Kay Parkinson Chapter offers several classes including Yoga, Strength & Movement, Tai Chi, Speech Therapy, and Latin Rhythmic Movement.

Location: North Miami Beach, FL 33180

For more information, contact Bill Marsa at 305-932-1870.

SOUTH MIAMI

Albizu's Parkinson's Community Project

SPEAK OUT! & LOUD crowd technique provided via telehealth to Spanish/English speakers and individuals from diverse backgrounds

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Location: Doral, FL 33172 – Meeting online

Fee: Free

For more information, contact Brittany del Cristo from Albizu University at 305-987-3442 or bdelcristo@albizu.edu.

Link to Website [here](#).

Pilates for Neurological Conditions

This is a group class designed by physical therapists to address balance, mobility, flexibility, and improve functional movement.

Location: South Miami, FL 33143

Fee: Yes

For more information, contact Grace Rackowe at (305) 397-8308 or grace@pilatesinthegrove.com.

Link to Website [here](#).

MONROE

KEY WEST

Rock Steady Boxing of Key West

Location: Key West, FL 33040

For more information, contact Boris Gino Musil at 305-509-0545.

Link to Website [here](#).

NASSAU

FERNANDINA BEACH

Rock Steady Boxing

Location: Fernandina Beach, FL 32034

For more information, contact Guy Petty at 904-310-6678.

ORANGE

ORLANDO

***Living Well with Parkinson's: Maximize your function!, Orlando Health Foundation**

Location: Orlando, FL

For more information contact Erin Dickson at erin.dickson@orlandohealth.com.

Link to website [here](#).

Movement as Medicine

Lead teachers: Suzanne Salapa, PhD

Location: Orlando, FL 32804

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For more information, contact (407) 303-5295 or fh.parkinson@flhosp.org.

PALM BEACH

BOCA RATON

Dance for PD

Class can be danced sitting, standing or holding onto a walker. Registration required.

Location: Boca Raton, FL 33487

Fee: No

For more information, contact (561) 995-0709.

Link to Website [here](#).

Florida Movement Therapy Center- Boca Raton

Location: Boca Raton, Florida 33433

Fee: Yes, fees associated with Rock Steady Boxing class

For more information, contact FLMTC at 561-883-7800.

Mind & Mobility- PWR! MOVES – PARKINSON'S WELLNESS RECOVERY

Location: Boca Raton, FL 33433

For more information, contact Mind & Mobility at 561-430-5345.

Parkinson's Voice Project: SPEAK OUT! and The Loud Crowd

Location: Boca Raton, FL

For more information, contact Kelly Steele at 561-297-4026 or ksteele8@fau.edu

Surf n' Turf Program

Stay for both portions of the class or just one, all exercises are adaptable for all stages of Parkinson's.

Location: Boca Raton, FL 33433

For more information, contact Robin Nierman at rnierman@ymcaspbpc.org

Link to Website [here](#).

BOYNTON BEACH

Florida Movement Therapy Center

Location: Boynton Beach, FL 33437

Fee: Yes

For more information, contact FLMTC at 561-619-9520.

Surf n' Turf Program

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Stay for both portions of the class or just one, all exercises are adaptable for all stages of Parkinson's

Location: Boynton Beach, FL 33436

Parkinson's Exercise Class

Location: Boynton Beach, FL 33472

Link to Website [here](#).

DELRAY BEACH

Rock Steady Boxing

Location: Delray Beach, Florida 33484

For more information, contact Colleen Sturgers at 561.441.4444 or info@beyondfitnessdelray.com

The Speech and Swallowing Clinic of SoFla

Specializing in speech, language, voice and swallowing evaluation and treatment. Trained in LSVT LOUD speech program.

Location: Delray Beach, FL 33435

Fee: Yes

For more information, contact Amy Reinstein at 561-739-2024

Link to Website [here](#).

JUPITER

Gentle Stretch & Meditation Class for Parkinson's

Location: Jupiter, FL 33458

Fee: No

For more information, contact Chanda Morra at 561-707-5447.

Rock Steady Boxing

Location: Jupiter, FL 33458

Fee: Yes

For more information, contact Chanda Morra at 561-707-5447.

PALM BEACH GARDENS

Parkinson's Exercise Class

Location: Palm Beach Gardens, FL 33418

Link to Website [here](#).

The Voices of Parkinson's Chorus

Location: Palm Beach Gardens, Florida 33410



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For more information contact Beth Elgort, MSW at 561-336-0902 or email beth@thevoicesofparkinsons.com
Link to Website [here](#).

Florida Movement Therapy Center- Palm Beach Gardens

Location: Palm Beach Gardens, Florida 33410
For more information, contact FLMTC at 561-619-9520.
Link to Website [here](#).

Rock Steady Boxing Palm Beach County

Location: Palm Beach Gardens, Florida 33410
For more information contact Donna Belat at 561-624-5000 or email palmbeachcounty@rsbaffiliate.com
Link to Website [here](#).

ROYAL PALM BEACH

Rock Steady Boxing Royal Palm Beach

Location: Royal Palm Beach, FL 33411
For more information, contact Chanda Morra at 561-707-5447 or RoyalPalmBeach@rsbaffiliate.com

WEST PALM BEACH

Mind & Mobility- PWR! MOVES – PARKINSON'S WELLNESS RECOVERY

Location: West Palm Beach, FL 33417
For more information, contact Mind & Mobility at 561-203-1661.

PINELLAS

LARGO

Rock Steady Boxing at The Palm of Largo

Location: Largo, FL 33771
For more information, contact (727) 518-6008 or (727) 385-9881.

Rock Steady Boxing Largo

Location: Largo, FL 33770
Fee: Yes
For more information, contact Rock Steady Boxing Largo at 727-229-7537 or tampabay@rsbaffiliate.com.

Tremble Clefs of Palms of Largo

Serving Pinellas County, The Palms of Largo

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Location: Largo, FL 33770

For more information, contact Leah Einboden at leaheinboden@thepalmsoflargo.com.
Link to Website [here](#).

PALM HARBOR

Rock Steady Boxing Palm Harbor

Location: Palm Harbor, FL 34684

Fee: Yes

For more information, contact Rock Steady Boxing Palm Harbor at 727-229-7537 or palmharbor@rsbaffiliate.com.

ST. PETERSBURG

Delay the Disease Parkinson's Exercise Program

Location: St. Petersburg, FL 33714

Fee: Fee based program

For more information, contact the enrollment line at 727-235-6472 or kgabel@stpeteymca.org

Rock Steady Boxing St. Petersburg

Location: St. Petersburg, FL 33704

Fee: Yes

For more information, contact Rock Steady Boxing St. Petersburg at 727-229-7537 or stpetersburg@rsbaffiliate.com.

Dancing Through Parkinson's

Location: St. Petersburg, FL 33710

For more information, contact Neuro Challenge Foundation for Parkinson's at 941-926-6413.

SARASOTA

***Parkinson's Education, Therapeutic & Support Programs for Newly Diagnosed & Underserved PD Community in Highlands Co., FL, Neuro Challenge Foundation for Parkinson's, Inc.**

Location: Sarasota, FL

For more information, contact Mary Jo Heider at maryjo@neurochallenge.org.

Link to website [here](#).

Cycling for PD ↔AIRPO member

Space is limited.

Location: Sarasota, FL 34236

For more information, contact Neuro Challenge Foundation for Parkinson's at 941-926-6413.



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Mindful Movement Yoga for Parkinson's Disease ↔AIRPO member

Location: Sarasota, FL 34236

For more information, contact Neuro Challenge Foundation for Parkinson's at 941-926-6413.

Off-Key Chorale Sarasota ↔AIRPO member

Location: Sarasota, FL 34328

For more information, contact Neuro Challenge Foundation for Parkinson's at 941-926-6413.

PD in Motion ↔AIRPO member

Location: Sarasota, FL 34329

For more information, contact Neuro Challenge Foundation for Parkinson's at 941-926-6413.

Rock Steady Boxing in Southwest Florida, The SKY Family YMCA

Location: Venice, FL

For more information, contact Janelle Worthington at jworthington@skyyymca.org

Link to website [here](#).

ST. JOHNS

PONTE VEDRA BEACH

Boxing "Fight Back" Scholarship Fund, RSB JAX INC

Location: Ponte Vedra Beach, FL

For more information, contact jacksonville@rsbaffiliate.com.

Link to Website [here](#).

***Let's Get Physical- Mental and Physical Fitness Classes for People with Parkinson's, Jax Hope Inc**

Location: Ponte Vedra Beach, FL

For more information, contact Jennifer Otero at support@jaxhopeinc.org.

Link to website [here](#).

ST. AUGUSTINE

***The Park Ave Program 3.0, St. Augustine Rehabilitation Specialists**

Gives people access to multi-leveled group classes led by Physical and Speech Therapists that specialize in PD. PWRmoves!, Yoga, Loud Crowd and Rock Steady Boxing.

Location: St. Augustine, FL – Meeting in-person and online.

Fee: No

For more information, contact Melanie Lomaglio at 904-501-8779 or Melanie.neuroPT@gmail.com.

Link to website [here](#).

GZ Sobol Parkinson's Network St. Augustine

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Location: St. Augustine, FL 32084

For more information, contact Bill Castelli at bill.castelli@gmail.com.

SUMTER

THE VILLAGES

Exercise- Fight Club at Eisenhower Recreation

Location: The Villages, FL 32163

For more information, contact Gary Ingram at 352-674-9058

Exercise and Socialize

Location: The Villages, FL 32159

For more information, contact Judy Murphy at 815-210-9810.

Exercise GZ Sobo's PD Network

Location: The Villages, FL 32159

For more information, contact Paul Watford 352-284-0818.

Exercise- Fight Club at Rohan Recreation

Location: The Villages, FL 34785

For more information, contact Gary Ingram at 352-674-9058.

LSVT- Loud Speech Therapy for Parkinson's patients:

- Advent Health- Lisa Walter at 352-753-1175
- Lake Centre for Rehab- Jennifer Gelb at 352-325-9846
- Advanced Physical Therapy at 352-693-3378

LVST- BIG Physical Therapy for Parkinson's patients

- Advent Health- Leslie Priest at 352-753-1175
- Lake Centre for Rehab at 352-325-9846
- Advanced Physical Therapy at 352-693-3378

Rock Steady Boxing

Location: The Villages, FL 32159

Fee: Yes

For more information, contact Advanced Physical Therapy of Central Florida at 352-693-3378.

VOLUSIA

EDGEWATER



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Dance for PD

Location: Edgewater, FL 32132

For more information, contact Ashley Santana at 386-409-9622 or asantana@vfymca.org.

Link to Website [here](#).

DAYTONA BEACH

Exercise Class

This group is facilitated by therapists from Advent Health. Please call before your first session.

Location: Daytona Beach, FL 32117

For more information, contact 386-231-6039.

ORMOND BEACH

Dance for PD

Location: Ormond Beach, FL 32174

For more information, contact Heather Jenkins at 386-673-9622 or hjenkins@vfymca.org

Rock Steady Boxing NSB

This class is 90 minutes and works with a variety of skill levels. This class is subject to adapt as RSB Ormond Beach grows.

Location: Ormond Beach, FL 32174

For more information, contact Marianne Chapin at (386) 314-1910 or info.rocksteadynsb@gmail.com

PORT ORANGE

Dance for PD

Location: Port Orange, FL 32129

For more information, contact Jason Joiner at jjoyner@vfymca.org or 386-676-6375

Link to Website [here](#).

PWR! Moves

Location: Port Orange, FL 32129

For more information, contact Port Orange YMCA at 386-760-9622.

Link to Website [here](#).