



Minnesota 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.

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

<p>Alexandria</p> <p>Brainerd</p> <p>Cambridge</p> <p>Duluth</p> <p>Eagan</p> <p>Eden Prairie</p> <p>Lakeville</p> <p>Marshall</p> <p>Minneapolis</p> <p>Monticello</p>	<p>Park Rapids</p> <p>Red Wing</p> <p>Rochester</p> <p>Shakopee</p> <p>St. Cloud</p> <p>St. Louis Park</p> <p>St. Paul</p> <p>Wilmar</p> <p>Woodbury</p> <p>Virtual</p> <p>Various Locations</p>
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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 minnesotadakotas@parkinson.org.



Minnesota 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.

ALEXANDRIA

Rock Steady Boxing, Nelson Wellness Center

Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.

Location: Alexandria, MN

Fee: Yes

For more information, contact Kayla Roske at 320-759-4614.

Nelson Wellness Center, Neuro-Fit Challenge

Must have an assessment before starting class.

Location: Alexandria, MN 56308

Fee: Yes

For more information, contact Kayla Roske at 320-759-4614.

Link to website [here](#).

BRainerd

Rock Steady Boxing, TakeDown Gym

Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.

Location: Brainerd, MN 56401

Fee: Yes

For more information, contact Joe Ciardelli at 218-454-1770.

Essentia Health – St. Joseph's Medical Center, The LOUD Crowd

Location: Brainerd, MN 56401 - *Meeting in-person and online*

Fee: *Free for those that have completed speech therapy*

For more information, contact Kari Johnson at 218-828-7375.

CAMBRIDGE

Rock Steady Boxing,

Location: Cambridge, MN

Fee: Yes

For more information, contact KC at 763-221-6883 or cambridge@rsbaffiliate.com

DULUTH



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Parkinson's Dance Studio

A fun weekly dance class for people with Parkinson's and their friends and family. Class is based on the Dance for PD program.

Location: Duluth, MN 55805

For more information, contact Jessica Roeder at 218-727-8286 or jaroeder2@gmail.com.

EAGAN

Rock Steady Boxing, The Commons on Marice

Location: Eagan, MN 55121 - *Meeting in-person*

Fee: Yes

For more information, contact Andrew at 651-688-9999 or commonsmarice@rsbaffiliate.com

LAKEVILLE

TITLE Boxing Club, Knockout Parkinson's

Location: Lakeville, MN 55044 – *Meeting in-person and online*

Fee: Yes

For more information, contact Tate Wheeler at 952-300-6800

Link to Website [here](#).

MARSHALL

Barberry Health, Rock Steady Boxing

Location: Marshall, MN 56258

Fee: Yes

For more information, contact Joy Boerboom at 507-532-3273 or joy@barberryhealth.com.

MINNEAPOLIS

Tapestry Folkdance Center, Movement Classes for Optimal Health

Location: Minneapolis, MN 55406

For more information, contact PWR! Certified Instructor Ruth Davini at ruth.davini@yahoo.com or 612-387-2728.

Link to website [here](#).

***YMCA of the North: Pedaling for Parkinson's, Young Men's Christian Association of the Greater Twin Cities**

Location: Minneapolis, MN

For more information, contact Kate Ray at kate.ray@ymcamn.org.

Link to website [here](#).

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

August 2022



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MONTICELLO

Fitness Evolution, Rock Steady Boxing

Location: Monticello, MN 55362

For more information, contact Lyssa Lovejoy at 763-295-3002 or Lyssa.lovejoy@fitnessevolution.com.

Big Lake Support Group and Nordic Walking Queen, Nordic Walking at Montisippi Regional Park

Poles provided for use during the walk.

Location: Monticello, MN

For more information, contact Linda Lemke at 952-475-0891 or lindamlemke@gmail.com.

PARK RAPIDS

CHI St. Joe's Hospital, Rock Steady Boxing

Location: Park Rapids, MN 56470

Fee: Yes

For more information, contact Alicia Reardon at 218-616-3008 or Aliciareardon@catholichealth.net.

CHI St. Joe's Hospital, Parkinson's Exercise Class

Location: Park Rapids, MN 56470

For more information, contact Alicia Reardon at 218-616-3008 or Aliciareardon@catholichealth.net.
Link to website [here](#).

RED WING

Underground Boxing Fitness Club, Rock Steady Boxing

Location: Red Wing, MN 55066

Fee: Yes

For more information, contact Stephanie Binner at 651-327-2660 or redwing@rsbaffiliate.com.
Link to website [here](#).

ROCHESTER

125LIVE Rock Steady Boxing

Location: Rochester, MN 55901 - *Meeting in-person*

Fee: Yes

For more information, contact Ken Baerg at 507-287-1404 or 125live@rsbaffiliate.com
Link to website [here](#).

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125LIVE's PWR! Moves: Improved Neurological Function

Location: Rochester, MN 55901 - *Meeting in-person*

Fee: Yes

For more information, contact Ken Baerg at 507-287-1404 or info@125liveMN.org

Link to website [here](#).

***Living a Healthy Life with Parkinson's Disease: A Wellness Intervention Series for People Living with Parkinson's Disease and their Care Partners, Exercisabilities, Inc**

Location: Rochester, MN

For more information contact Melanie Brennan melanie@exercisabilities.org.

Link to website [here](#).

Viverant Physical Therapy

[LSVT BIG](#) is an evidence based, intensive, and amplitude focused physical therapy treatment approach that has been documented to improve people's motor and non-motor symptoms as well as overall quality of life. The program is completed over 4 weeks.

Location: Rochester, MN 55906 - *Meeting in person and online.*

For more information, contact Hannah Gjerde DPT at 507-405-0001

Link to Website [here](#).

SHAKOPEE

Parkinson's Functional Exercise

This class is designed for people with Parkinson's, but anyone who needs help with mobility and balance is welcome to join. This class can help to reduce stiffness, regain mobility, improve balance and posture, and strengthen muscles.

Location: Shakopee, MN 55379 – *Meeting in-person*

For more information, contact Kelsey Theis at 952-233-9515 or ktheis@shakopeedmn.gov

Link to website [here](#).

ST. CLOUD

St Cloud Parkinson's Support Group and Nordic Walking Queen, Nordic Walking at Lake George Park

Poles provided for use during the walk

Location: St. Cloud, MN

For more information, contact Linda Lemke at 952-475-0891 or lindamlemke@gmail.com.

ST. LOUIS PARK

The Bike Shack – Pedal & Roll for Parkinson's

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Location: St. Louis Park 55416

Fee: Suggested donations

For more information, contact 612-547-6650 or info@pedalandroll.org.

Personal Training

Specialized in Parkinson's Disease, certified through Delay the Disease, the Functional Aging Institute, a Certified Brain Health Trainer and more.

Location: St. Louis Park, MN 55426

Fee: Yes

For more information, contact Heidi Weinberg at 612-360-7479 or weinbergheidi@gmail.com.

ST. PAUL

Element Gym, Rock Steady Boxing

Location: St. Paul, MN 55104

Fee: Yes

For more information, contact 612-293-6539.

Link to website [here](#).

Struthers St. Paul - Health Partners Neuroscience Center - NeuroeWell - Low and Moderate Intensity Class

Location: St. Paul, MN 55427

For more information, contact 651-495-6704 or neurowell@healthpartners.com.

Link to website [here](#).

Struthers St. Paul - Health Partners Neuroscience Center - NeuroeWell – Moderate and High Intensity Class

Location: St. Paul, MN 55130

For more information, contact 651-495-6704 or neurowell@healthpartners.com.

Link to website [here](#).

Parkinsons Neurowell Exercise / Training scholarships, Regions Hospital Foundation

Location: St Paul, MN

For more information, contact Ricky Lopez at ricky.l.lopez@healthpartners.com

Link to website [here](#).

WILMAR

Club Bethesda, PWR! (Parkinson Wellness Recovery)

Location: Willmar, MN 56201

For more information, contact Melissa Wentzel at 320-214-5622.

Link to website [here](#).

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Willmar Parkinson's Support Group and Nordic Walking Queen, Nordic Walking at Club Bethesda

Poles provided for use during the walk.

Location: Willmar, MN - *Meeting in-person*

For more information, contact Linda Lemke at 952-475-0891 or lindamlemke@gmail.com.

Link to website [here](#).

VIRTUAL

Fairview East Region, Fitness

These Parkinson's fitness classes and Nordic Walking (fee for NW) incorporate cardio, strength training, stretching/flexibility and Parkinson' specific exercises.

Location: Virtual

Fee: No

For more information, contact Margie Kron at 651-326-3629 or Margie.Kron@fairview.org

VARIOUS LOCATIONS

Juniper Health

Evidence-based classes for Minnesotans to live well, get fit and prevent falls. Programs include the Tai Ji Quan: Moving for Better Balance class.

Location: Various locations – *Meeting in-person, online, and over phone*

Fee: No, or low cost

For more information, contact Rachel Von Ruden at (855) 215-2174 or info@yourjuniper.org.

Link to website [here](#).

SPC Park Nicollet and SPC HealthPartners, Choir

Location: Various locations

For more information, contact Call Sandi Holten at 952-993-6061 or sandra.holten@parknicollet.com.