



New Jersey Wellness Programs

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>ONLINE</u> <u>ATLANTIC COUNTY</u> <u>BERGEN COUNTY</u> <u>BURLINGTON COUNTY</u> <u>CAMDEN COUNTY</u> <u>ESSEX COUNTY</u> <u>HUNTERDON COUNTY</u>	<u>MERCER COUNTY</u> <u>MIDDLESEX COUNTY</u> <u>MONMOUTH COUNTY</u> <u>MORRIS COUNTY</u> <u>OCEAN COUNTY</u> <u>SOMERSET COUNTY</u> <u>UNION COUNTY</u>
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If you would like to be added to this list, or if the details of your group need to be updated, please contact us by emailing NJPA@parkinson.org.

September 2025



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.

ONLINE

Dance for Parkinson's

All classes are offered free to participants and caregivers!

Meetings: Tuesdays 11:00 – 12:00 pm

Location: Zoom

Contact: Email rstanislawczyk@arballet.org for Zoom link; Link to website [here](#).

Fitness Forward for Parkinson's

Virtual Program for Parkinson's Population that includes: Balance work, Original Strength warmups, Strength Training, Shadow Boxing for agility and Daily Wellness Tips to include nutrition, movement & mindfulness.

Fee: 2 classes per week at \$60/month

Contact: Ginny Scaduto at 609-571-6536 or ginnyscaduto@outlook.com.

Parkinson's Connection at the Katz JCC

Whether you are newly diagnosed or have been fighting Parkinson's Disease for decades, The Parkinson's Connection at the Katz JCC is here to serve as a hub for all your movement and wellness needs. We hold Rock Steady Boxing, Dance for PD, Pilates for Neurological Disorders, Ballroom Dance for PD, Yoga for PD, Pedaling for PD.

Location: Cherry Hill, NJ 08003 – in-person, hybrid, online

Fee: Free and fee-based classes available

Contact: Megan Matis at mmatis@jfedsnj.org; Link to Website [here](#).

Dance for PD

Dance for PD® is committed to supporting our global community has access to the joys and benefits of dance and music. Our free Zoom classes, streamed from our Flagship program in Brooklyn, NY, allow you to enjoy a live, interactive, community experience from the comfort of home. Whether you're supplementing in-person classes with at-home training or simply prefer to take class online, these free classes bring the Dance for PD experience to you. Our free flagship Zoom classes – with NYC teaching artists – are listed first. Registration opens 15 minutes before the scheduled class time.

Website: <https://danceforparkinsons.org/take-a-class/zoom-classes/>



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ATLANTIC COUNTY

Great Bay Racquet & Fitness

The program is specifically designed to meet the needs of individuals who have been diagnosed with Parkinson's in various stages of the progression of the disease. It incorporates Boxing, strength and endurance training, mobility and balance exercises, fine and gross motor skills activities, and fitness routines for endurance.

Parkinsons Fit classes meet every Tuesday & Thursday @ 10:30 am & 11:30am. Pre-registration is required.

Location: Somers Point, NJ 08244

Contact: Mary Ellen Spiers at 609-926-9550, Website:

<https://greatebayracquetandfitness.com/>

BERGEN COUNTY

The Jewish Home Family Parkinson's Center

At the Jewish Home Family, we have made a commitment to excellence in the care of individuals with Parkinson's disease and created a comprehensive program across all elements of our system, including Jewish Home Assisted Living, the Jewish Home at Rockleigh, the Gallen Medical Adult Day Center and Jewish Home at Home.

Our approach to Parkinson's is personalized for each individual and holistic, addressing the key components of mind, body and spirit. We also know that a diagnosis of Parkinson's affects the whole family and we strive to keep families engaged and educated.

Location: Rockleigh, NJ 07647

Contact: 201-894-1414, Link to website [here](#).

Rock Steady Boxing @ Bergen County

Location: Fair Lawn, NJ 07410

Contact: 800-563-0126; Email [here](#). For other locations, click [here](#).

Rock Steady Boxing @ The Jewish Home

Location: Rivervale, NJ 07675

Contact: 201-666-2370; Email [here](#). For other locations, click [here](#).

Dance Through Parkinson's at Kaplen JCC on the Palisades

Join Dance for PD trained instructor Jamie Desser, as she leads choreographed routines, engaging participants' bodies and minds to help increase balance, movement and more.

Location: 411 East Clinton Avenue, Tenafly, NJ 07670

Meetings: Wednesdays at 12 pm

Contact: Marlene Ceragno at 201-569-7900 x439 or mceragno@jccotp.org



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BURLINGTON COUNTY

Rock Steady Boxing @ Mission PD

Location: Maple Shade, NJ 08052

Contact: 609-760-9574; Email [here](#). For other locations, click [here](#).

CAMDEN COUNTY

Parkinson's Connection at the Katz JCC

Whether you are newly diagnosed or have been fighting Parkinson's Disease for decades, The Parkinson's Connection at the Katz JCC is here to serve as a hub for all your movement and wellness needs. We hold Rock Steady Boxing, Dance for PD, Pilates for Neurological Disorders, Ballroom Dance for PD, Yoga for PD, Pedaling for PD.

Location: Cherry Hill, NJ 08003 – in-person, hybrid, online

Fee: Free and fee-based classes available

Contact: Link to Website [here](#).

ESSEX COUNTY

Cooperman Barnabas Medical Center

Rock Steady Boxing

Location: West Orange, NJ 07052

Contact: (973) 322-5000; Link to Website [here](#).

Rock Steady Boxing @ Crane's Mill

Location: West Caldwell, NJ 07006

Contact: 201-736-1809; Email [here](#). For other locations, click [here](#).

Parkinson's Strength @ JCC MetroWest

Free for JCC members / \$5 per class for non-members

Location: JCC MetroWest, 760 Northfield Ave, West Orange, NJ 07052, Studio 2

Meetings: Mondays at 1:15-2:00 pm and Wednesdays at 2:00-2:45 pm

Contact: Biola at 973-530-3407 or bakoh@jccmetrowest.org OR Ellen at 973-530-3415 or erobertson@jccmetrowest.org



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HUNTERDON COUNTY

Rock Steady Boxing @ Health & Wellness Clinton

Location: Clinton, NJ 08809

Contact: 908-735-6884 x7504; Email [here](#). For other locations, click [here](#).

Horses for Healing at Mane Stream

*This **FREE** experience is to help you rebuild your physical, emotional, and mental well-being so that you have the potential to better recover your health and remain healthy. Time spent bonding with horses can be a wonderful way to aid in your journey bringing you joy, helping you to relax, and to feel less stressed. You will experience all aspects of horse care, grooming, leading and riding as you earn the respect of and build a relationship with our kind and gentle horses and ponies.*

Location: Oldwick, NJ 08858

Contact: Trish Hegeman, 908-439-9636; Email: trish@manestreamnj.org. Website: <https://www.manestreamnj.org/horses-for-healing>

MERCER COUNTY

Rock Steady Boxing @ New Jersey Athletic Club

Location: Lawrenceville, NJ 08648

Contact: 609-275-8900; Email [here](#). For other locations, click [here](#).

Rock Steady Boxing @ Mercer

Location: West Windsor, NJ 08512

Contact: 908-210-2153; Email [here](#). For other locations, click [here](#).

Princeton Ballet School the Official School of American Repertory Ballet

All classes are offered free to participants and caregivers!

Meetings: Thursdays 11:15 – 12:30 PM

Location: 301 N Harrison St., 2nd Floor, Princeton, NJ 08540

Contact: Link to website [here](#).

MIDDLESEX COUNTY

Hackensack Meridian Health

LSVT BIG, LSVT LOUD, ParkinSINGS Choir, Parkinsons Wellness Recovery (PWR!), Rock Steady Boxing, SPEAK OUT! and LOUD Crowd

Location: 65 James St., Edison, NJ 08820

Contact: 732-321-7070; Link to Website [here](#).



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MONMOUTH COUNTY

Dance for Parkinson's

All classes are offered free to participants and caregivers!

Meetings: Mondays 4:15 – 5:30 PM

Location: Middletown Arts Center, 36 Church St, Middletown Township, NJ 07748

Contact: Link to website [here](#).

Rock Steady Boxing @ Eatontown

Location: Eatontown, NJ 07724

Contact: 732-334-6741; Email [here](#). For other locations, click [here](#).

CentraState Medical Center

LSVT Loud, Rock Steady Boxing, Wellness Programs

Location: Freehold, NJ 07728

Contact: 732-294-2700; Link to website [here](#).

Rock Steady Boxing @ Mira Vie at Tinton Falls

Location: Tinton, NJ 07701

Contact: 732-933-4700; Email [here](#). For other locations, click [here](#).

Rock Steady Boxing @ Seabrook

Location: Tinton Falls, NJ 07753

Contact: 732-481-6007; Email [here](#). For other locations, click [here](#).

Rock Steady Boxing @ Ocean County

Location: West Long Branch, NJ 07764

Contact: 732-443-0045; Email [here](#). For other locations, click [here](#).

MORRIS COUNTY

Parkinson's Exercise Program at Madison Area YMCA

The goal of the program is to improve the quality of everyday living. For those affected by Parkinson's disease and their caregivers. Program focuses on function, flexibility, balance and range of motion. SWIM, Inc. (Specialized Water Interest Movement) Recreational therapy for muscular impaired adults.

Location: Madison, NJ 07940

Contact: 908-766-6085; Link to website [here](#).

Rock Steady Boxing @ Madison Area YMCA

Location: Madison, NJ 07940

Contact: 973-822-9622; Email [here](#). For other locations, click [here](#).



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West Morris Area YMCA's

Rock Steady Boxing and Aquatic Boxing Class (Fight Back UH20)

Location: Randolph, NJ

Contact: 973-366-1120; Link to Website [here](#).

Rock Steady Boxing @ Cedar Crest

Location: Lake Hopatcong, NJ 07444

Contact: 973-831-3547; Email [here](#). For other locations, click [here](#).

OCEAN COUNTY

Rock Steady Boxing @ Point Pleasant

Location: Point Pleasant, NJ 08742

Contact: 848-863-8420; Email [here](#). For other locations, click [here](#).

Rock Steady Boxing @ Toms River

Location: Toms River, NJ 08755

Contact: 201-341-2658; Email [here](#). For other locations, click [here](#).

SOMERSET COUNTY

Empower Your Movement: Parkinson's Exercise Class @ Synaptic Rehab Bridgewater

Synaptic Rehab specializes in the treatment of Parkinson's disease. Our clinicians are trained in evidence-based techniques such as LSVT BIG, PWR!MOVES, amplitude-based movement training, and neurorehabilitation strategies aimed at improving function, independence, and quality of life. In addition to individualized therapy, we also offer a Parkinson's-specific exercise class called "Power Your Movement"—a group program designed to enhance strength, coordination, and mobility in a supportive environment.

Location: Synaptic Rehab – Bridgewater Facility, 1200 Route 22 East, Suite 4, Bridgewater, NJ 08807

Contact: support@synapticrehab.com or 908-801-6425; Website [HERE](#)

Rock Steady Boxing @ Bridgewater/Martinsville

Location: Bridgewater/Martinsville, NJ 08336

Contact: 732-469-8448; Email [here](#). For other locations, click [here](#).

Rock Steady Boxing @ Hillsborough

Location: Hillsborough, NJ 08844

Contact: 908-210-2153; Email [here](#). For other locations, click [here](#).



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UNION COUNTY

Rock Steady Boxing @ Central Jersey

Location: Garwood, NJ 07027

Contact: 908-922-7280; Email [here](#). For other locations, click [here](#).

Rock Steady Boxing @ Lantern Hill

Location: New Providence, NJ 07928

Contact: 973-214-7040; Email [here](#). For other locations, click [here](#).

Robert Wood Johnson Fitness & Wellness Center

The Parkinson's Wellness Program consists of supervised exercise, and group support designed to help you improve your function, quality of life, and more effectively manage symptoms commonly associated with of Parkinson's disease, such as stiffness, immobility, and gait abnormalities.

Location: 2120 Lamberts Mill Rd., Scotch Plains, NJ 07076

Contact: 908-232-6100; Link to website [here](#).