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## North Carolina Wellness Groups by City

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*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](#).*

<a href="#"><u>Archdale</u></a>	<a href="#"><u>Huntersville</u></a>
<a href="#"><u>Arden</u></a>	<a href="#"><u>Jacksonville</u></a>
<a href="#"><u>Asheboro</u></a>	<a href="#"><u>Matthews</u></a>
<a href="#"><u>Asheville</u></a>	<a href="#"><u>Monroe</u></a>
<a href="#"><u>Burlington</u></a>	<a href="#"><u>Mooresville</u></a>
<a href="#"><u>Candler</u></a>	<a href="#"><u>Morehead City</u></a>
<a href="#"><u>Carteret</u></a>	<a href="#"><u>New Bern</u></a>
<a href="#"><u>Cary</u></a>	<a href="#"><u>Oxford</u></a>
<a href="#"><u>Chapel Hill</u></a>	<a href="#"><u>Raleigh</u></a>
<a href="#"><u>Charlotte</u></a>	<a href="#"><u>Southport</u></a>
<a href="#"><u>Durham</u></a>	<a href="#"><u>Washington</u></a>
<a href="#"><u>Elon</u></a>	<a href="#"><u>Wilmington</u></a>
<a href="#"><u>Greensboro</u></a>	<a href="#"><u>Winston-Salem</u></a>
<a href="#"><u>Hickory</u></a>	

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 [carolinas@parkinson.org](mailto:carolinas@parkinson.org).



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.

## ARDEN

### **Rock Steady Boxing**

**Location:** Arden, NC 28704 – *Meeting in-person*

**Fee:** Yes

For more information, contact 828-684-1338 or [southasheville@rsbaffiliate.com](mailto:southasheville@rsbaffiliate.com).

Link to Website [here](#).

## ARCHDALE

### **Rock Steady Boxing**

**Location:** Archdale, NC 27263 – *Meeting in-person*

**Fee:** Yes

For more information, contact 336-880-8335 or [archdale@rsbaffiliate.com](mailto:archdale@rsbaffiliate.com).

Link to Website [here](#).

## ASHEBORO

### **Rock Steady Boxing**

**Location:** Asheboro, NC 27205 – *Meeting in-person*

**Fee:** Yes

For more information, contact 336-880-8335 or [asheboro@rsbaffiliate.com](mailto:asheboro@rsbaffiliate.com).

Link to Website [here](#).

## ASHEVILLE

### **Knock Out Parkinson's Group Class**

*The program is a group class for people with Parkinson's. We do a variety of stretches, strengthening, balance, agility, and mobility exercises that the research has shown to benefit people with Parkinson's to reduce their symptoms.*

**Location:** Asheville, NC 28803 – *Meeting in-person and online*

**Fee:** Variable

For more information, contact Sean Simonds at 828-484-4200 or

[sean.simonds@movementforlife.com](mailto:sean.simonds@movementforlife.com)

Link to Website [here](#).

### **YMCA of Western North Carolina - Parkinson's Intervention**

*Offering:*

- *Pedaling for Parkinson's*
- *PWR!Moves*
- *Rock Steady Boxing*

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

*October 2022*



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**Location:** Asheville, NC 29901

For more information, contact Dianne Saccone at 828-575-2904

Link to Website [here](#).

## BURLINGTON

### **Rock Steady Boxing – Results Driven Fitness**

**Location:** Burlington, NC 27215 – *Meeting in-person*

**Fee:** Yes

For more information, contact 336-516-1488 or [burlington@rsbaffiliate.com](mailto:burlington@rsbaffiliate.com).

Link to Website [here](#).

## CANDLER

### **Rock Steady Boxing – YMCA of Western North Carolina**

**Location:** Candler, NC 28715 – *Meeting in-person*

**Fee:** Yes

For more information, contact 828-575-2904 or [ymcawnc@rsbaffiliate.com](mailto:ymcawnc@rsbaffiliate.com).

Link to Website [here](#).

## CARTERET

### **Rock Steady Boxing – The Gym at Cape Carteret Aquatic Center**

**Location:** Carteret, NC 28584 – *Meeting in-person*

**Fee:** Yes

For more information, contact 252-393-1000 or [capecarteret@rsbaffiliate.com](mailto:capecarteret@rsbaffiliate.com).

Link to Website [here](#).

## CARY

### **Rock Steady Boxing – NC Triangle Title Boxing Club**

**Location:** Cary, NC 27513 – *Meeting in-person*

**Fee:** Yes

For more information, contact 704-302-3767 or [nctriangle@rsbaffiliate.com](mailto:nctriangle@rsbaffiliate.com).

Link to Website [here](#).

## CHAPEL HILL

### **Rock Steady Boxing – 919 Title Boxing Club Chapel Hill**

**Location:** Chapel Hill, NC 27517 – *Meeting in-person*

**Fee:** Yes

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*October 2022*



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For more information, contact 919-801-1925 or [919@rsbaffiliate.com](mailto:919@rsbaffiliate.com).

Link to Website [here](#).

## CHARLOTTE

### **\*Incorporating PWR!Moves™ in Novant Health Rehabilitation Therapeutic Services, Forsyth Medical Center Foundation,**

**Location:** Charlotte, NC

For more information contact Randy Brantley at [rbrantley@novanthealth.org](mailto:rbrantley@novanthealth.org).

### **\*Parkinson's Exercise & Wellness Program- Monroe, Amp It Up Fitness, LLC**

**Location:** Charlotte, NC

For more information contact Susan Wiseman at [susan@ampitupfitness.com](mailto:susan@ampitupfitness.com).

Link to website [here](#).

### **Rock Steady Boxing Charlotte – Just Workout Fitness Studio**

*Rock Steady Boxing classes for people with Parkinson's Disease.*

**Location:** Charlotte, NC 28211 – Meeting in-person

**Fee:** Yes

For more information, contact 704-953-4104, [charlotte@rsbaffiliate.com](mailto:charlotte@rsbaffiliate.com), or [Rose@just-workout.com](mailto:Rose@just-workout.com).

Link to Website [here](#).

### **Rock Steady Boxing Charlotte – Levine Jewish Community Center**

**Location:** Charlotte, NC 28211 – Meeting in-person

**Fee:** Yes

For more information, contact 704-944-6870 or [levinejcc@rsbaffiliate.com](mailto:levinejcc@rsbaffiliate.com).

Link to Website [here](#).

## DURHAM

### **Duke Health & Fitness Center - PWR Moves**

*PWR! Moves is a Parkinson-Disease-specific skill training program to maintain or restore skills that deteriorate and interfere with everyday movements*

**Location:** Durham, NC – Meeting online

For more information, contact Kevin Riggins at 919-660-6807 or [kevin.riggins@duke.edu](mailto:kevin.riggins@duke.edu).

Link to Website [here](#).

### **\*Parkinson's Movement Initiative at ADF, American Dance Festival**

#### **Parkinson's PWR! Moves Mondays**

*PMI offers weekly movement classes in Pilates and dance to the PD community and their caregivers.*

**Location:** Durham, NC 27701 – Meeting online

For more information, contact Alexis Kralic at [alexis@americandancefestival.org](mailto:alexis@americandancefestival.org).

Link to Website [here](#).



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### **Rock Steady Boxing**

**Location:** Durham, NC 27713 – *Meeting in-person*

**Fee:** Yes

For more information, contact 919-864-2096 or [durham@rsaffiliate.com](mailto:durham@rsaffiliate.com).

Link to Website [here](#).

### **Rock Steady Boxing – Upright Athlete**

**Location:** Durham, NC 27707 – *Meeting in-person*

**Fee:** Yes

For more information, contact 919-493-1204 or [uprightathlete@rsaffiliate.com](mailto:uprightathlete@rsaffiliate.com).

Link to Website [here](#).

## **ELON**

### **Move Virtually with Elon (MO.V.E.) program for Individuals with Parkinson's Disease, Elon University**

**Location:** Elon, NC – *Meeting online*

For more information, contact Srikant Vallabhajosula at [svallabhajosula@elon.edu](mailto:svallabhajosula@elon.edu)

Link to website [here](#).

## **GREENSBORO**

### **Rock Steady Boxing**

**Location:** Greensboro, NC 27455 – *Meeting in-person*

**Fee:** Yes

For more information, contact 336-282-4200 or [greensboro@rsaffiliate.com](mailto:greensboro@rsaffiliate.com).

Link to Website [here](#).

## **HICKORY**

### **Rock Steady Boxing**

**Location:** Hickory, NC 28602 – *Meeting in-person*

**Fee:** Yes

For more information, contact 704-657-1080 or [hickorync@rsaffiliate.com](mailto:hickorync@rsaffiliate.com).

Link to Website [here](#).

## **HUNTERSVILLE**

### **Huntersville Rock Steady Boxing**

**Location:** Huntersville, NC – *Meeting in-person*



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.

For more information, contact 704-622-0200 or [huntersville@rsbaffiliate.com](mailto:huntersville@rsbaffiliate.com).

**Fee:** Yes

Link to Website [here](#).

## JACKSONVILLE

### **Rock Steady Boxing – Camp Lejeune**

**Location:** Jacksonville, NC 28540 – *Meeting in-person*

**Fee:** Yes

For more information, contact 910-467-7825 or [camplejeune@rsbaffiliate.com](mailto:camplejeune@rsbaffiliate.com).

Link to Website [here](#).

## MATTHEWS

### **Rock Steady Boxing – Matthews Glen**

**Location:** Matthews, NC 28540 – *Meeting in-person*

**Fee:** Yes

For more information, contact 704-845-5900 or [matthewsglen@rsbaffiliate.com](mailto:matthewsglen@rsbaffiliate.com).

Link to Website [here](#).

## MONROE

### **Parkinson's Exercise Classes**

**Location:** Monroe / Union, NC – *Meeting in-person*

For more information, contact Cindy Leckey at 704-291-0007 or [dobee5555@windstream.net](mailto:dobee5555@windstream.net).

## MOORESVILLE

### **Rock Steady Boxing – Lake Norman Muay Thai**

**Location:** Mooresville, NC 28117 – *Meeting in-person*

**Fee:** Yes

For more information, contact 704-657-1080 or [lknmuaythai@rsbaffiliate.com](mailto:lknmuaythai@rsbaffiliate.com).

Link to Website [here](#).

## MOREHEAD CITY

### **Rock Steady Boxing – Sports Center of Morehead**

**Location:** Morehead City, NC 28557 – *Meeting in-person*

**Fee:** Yes

For more information, contact 843-424-4575 or [wilmington@rsbaffiliate.com](mailto:wilmington@rsbaffiliate.com).

Link to Website [here](#).



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.

## NEW BERN

### **\*Capturing the Community, Bike Box Project**

**Location:** New Bern, NC

For more information, contact Bethany Richards at [bethany@bikeboxproject.org](mailto:bethany@bikeboxproject.org).

Link to Website [here](#).

### **Rock Steady Boxing & Pedaling for Parkinson's – SWEAT Camp**

**Location:** New Bern, NC 28560 – *Meeting in-person*

**Fee:** Yes

For more information, contact 571-215-9282 or [newbern@rsbaffiliate.com](mailto:newbern@rsbaffiliate.com).

Link to Rock Steady Boxing Website [here](#).

Link to Pedaling for Parkinson's Website [here](#).

## OXFORD

### **Rock Steady Boxing – Granville County Senior Center**

**Location:** Oxford, NC 27565 – *Meeting in-person*

**Fee:** Yes

For more information, contact 919-693-1930 or [granville@rsbaffiliate.com](mailto:granville@rsbaffiliate.com).

Link to Website [here](#).

## RALEIGH

### **Rock Steady Boxing – NC Triangle Title Boxing Club**

**Location:** Raleigh, NC 27613 – *Meeting in-person*

**Fee:** Yes

For more information, contact 704-302-3767 or [nctrangle@rsbaffiliate.com](mailto:nctrangle@rsbaffiliate.com).

Link to Website [here](#).

### **Rock Steady Boxing – The Cardinal at North Hills**

**Location:** Raleigh, NC 27609 – *Meeting in-person*

**Fee:** Yes

For more information, contact 984-204-8444 or [cardinalatnorthhills@rsbaffiliate.com](mailto:cardinalatnorthhills@rsbaffiliate.com).

Link to Website [here](#).

## SOUTHPORT

### **\*2022 BCWC Parkinson's Exercise Program, Brunswick County Wellness Center**

**Location:** Southport, NC

For more information contact Sara Fox at [sara0318@live.com](mailto:sara0318@live.com).

Link to Website [here](#).



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## WASHINGTON

### **Rock Steady Boxing – Athletic Edge Sports & Fitness**

**Location:** Washington, NC 27889 – *Meeting in-person*

**Fee:** Yes

For more information, contact 252-975-0003 or [athleticedge@rsbaffiliate.com](mailto:athleticedge@rsbaffiliate.com).

Link to Website [here](#).

## WILMINGTON

### **Rock Steady Boxing – Independence Mall**

**Location:** Wilmington, NC 28403 – *Meeting in-person*

**Fee:** Yes

For more information, contact 843-424-4575 or [independencemall@rsbaffiliate.com](mailto:independencemall@rsbaffiliate.com).

Link to Website [here](#).

### **\*YMCA Parkinson's Program-- Expansion and Community Outreach, YMCA of Southeastern North Carolina**

**Location:** Wilmington, NC

For more information, contact Bridget Carroll at [bridget.carroll@ymcasenc.org](mailto:bridget.carroll@ymcasenc.org).

Link to Website [here](#).

## WINSTON-SALEM

### **Rock Steady Boxing – C3 Clemmons**

**Location:** Winston-Salem, NC 27103 – *Meeting in-person*

**Fee:** Yes

For more information, contact 336-403-0285 or [c3clemmons@rsbaffiliate.com](mailto:c3clemmons@rsbaffiliate.com).

Link to Website [here](#).