



## 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.

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

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

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](mailto:Midwest@parkinson.org).

September 2022



### 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.*

## 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](mailto: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](mailto: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](mailto: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



### 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.*

## 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](mailto: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](mailto:pulse@baraboopulse.com).

## BAYFIELD

### Bayfield Presbyterian Church

Bayfield-Parkinsons Choir Exercise Group

**Location:** Bayfield, WI, 54814

For more information, contact Jeff Obst-715-209-0807 [jeffobst@pga.com](mailto:jeffobst@pga.com); Mary

Rehwald 715-682-4662 [mary.rehwald@gmail.com](mailto: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



### 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.*

## 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

## 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](mailto: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](mailto:rhythm.moves@gmail.com)

## 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](mailto:dovre@charter.net); Ursula Whelan-715-723-3726

## CLEAR LAKE

### **Clear Lake Physical Therapy & Rehab Specialists**

Clear Lake Rock Steady Boxing Exercise Group

**Location:** Clear Lake, WI 54005

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

September 2022



### 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.*

## 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](mailto:maryw@wiparkinson.org).

## EAU CLAIRE

### **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](mailto:info@dovehealthcare.com)

### **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](mailto: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@dcmedical.org](mailto:adam.peronto@dcmedical.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

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



### 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.*

**Fee:** Yes

For more information, contact Patti Batt at 608-276-8074 or [steph@bakkeathletics.com](mailto: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](mailto:masonj@agnesian.com)

#### **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](mailto: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](mailto: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

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

September 2022



### 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.*

For more information contact Joy Cochran at 307-631-3414 or [joyexplorations@gmail.com](mailto: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

## 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](mailto:lisa@empowermentdance.com).

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

September 2022



### 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.

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](mailto:lisa@empowermentdance.com).

Link to website [here](#).

#### **Western Racquet & Fitness Club**

Green Bay Rock Steady Boxing

**Location:** Green Bay, WI 54304

For more information, Kari Merrill- 920-737-1140, [westernracquet@rsbaffiliate.com](mailto:westernracquet@rsbaffiliate.com)

#### **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](mailto:Ashley.verbeten@hshs.org).

#### **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](mailto: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](mailto: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

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

September 2022





### 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.*

**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,  
mpawlowski@ymcafoxcities.org

## HARTFORD

### **Aurora Medical Center**

Hartford Exercise Group

**Location:** Hartford, WI 53027

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

## 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



## 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.*

### 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

### 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](mailto: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](mailto: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](mailto:sportscorememberservices@kohler.com).

### MADISON

#### **UW Health Sports Medicine Clinic**

Madison Exercise Group

**Location:** Madison, WI 53711

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

September 2022



### **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.*

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

#### **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](mailto: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

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



### 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.*

#### **Ford's Gym**

Madison – Boxing

**Location:** Madison, WI 53704

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

#### **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](mailto:cruffolo@mtrymca.org);

Krystel Otto-920-482-1523 [kotto@mtrymca.org](mailto: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

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

September 2022



### 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.*

**Location:** Middleton, WI 53562

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

## 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](mailto:kramp.megan@neuroadvantagerehab.com).

Link to Website [here](#).

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

September 2022



## 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.*

### NEENAH

#### **Neenah-Menasha YMCA**

Neenah Pedaling for Parkinsons

**Location:** Neenah, WI 54956

For more information, contact Susan Christel-920-729-9622,  
[schristel@ymcafoxcities.org](mailto: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](mailto: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](mailto: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](mailto: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

### OSHKOSH

#### **Oshkosh Seniors Center**

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

September 2022



### 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.*

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

## 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

## 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

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

September 2022



## 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.*

### 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](mailto: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 Grotz- 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

### 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**

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

September 2022





### 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.*

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](mailto: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](mailto: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

### **5 Koshas Yoga & Wellness**

Wausau Yoga Exercise Group

**Location:** Wausau, WI 54401

For more information, contact Jay Coldwell- 715-298-1954, [jay@5koshasyoga.com](mailto: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](mailto:wautomafitness@rsbaffiliate.com)

Link to Website [here](#).



### 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.*

## 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](mailto:ajohnson@gwycymca.org); [carterproductions@sbcglobal.net](mailto: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 Casmir-612-801-0188, [innerlightyogastudios@gmail.com](mailto:innerlightyogastudios@gmail.com)

### **Wisconsin Athletic Club (WAC)**

Wauwatosa – PD on the Move

**Location:** Wauwatosa, WI 53226

For more information, contact 414-328-1300

## 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

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

September 2022



### **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.*

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