

Northern Ohio Parkinson's Disease Exercise Classes

Better Every Day

InMotion

4829 Galaxy Parkway
Warrensville Heights, OH 44128
216.342.4417

Mentor Senior Center

8500 Civic Center Blvd
Mentor, OH 44060
440.974.5725
cityofmentor.com

Boxing

InMotion

4829 Galaxy Parkway
Warrensville Heights, OH 44128
216.342.4417

Rock Steady Boxing Canton

1240 Dueber Ave SW
Canton, OH 44706
330.323.6630
canton@rsbaffiliate.com

Rock Steady Boxing Cleveland with Maria Pujolas

18626 Detroit Ave
Lakewood, OH 44107
216.383.6232
cleveland@rsbaffiliate.com

Rock Steady Boxing Cleveland East 2 Tone Boxing Club

23307B Commerce Park Rd
Beachwood, OH 44122
216.600.0688
clevelandeast@rsbaffiliate.com

Rock Steady Boxing Lifeworks at Southwest General

7390 Old Oak Blvd
Middleburg Heights, OH 44130
440.816.4210
lifeworks@rsbaffiliate.com

Rock Steady Boxing Mandel JCC of Cleveland

26001 S Woodland Rd
Beachwood, OH 44122
Contact: Kate Toohig
216.831.0700 ext. 1365
kate@mandeljcc.org
mandeljcc.org/rocksteady

Boxing (Continued)

Rock Steady Boxing Northeast Ohio

4829 Galaxy Parkway
Warrensville Heights, OH 44128
330.998.1628
northeastohio@rsbaffiliate.com

Rock Steady Boxing Zanesville

5805 Frazeyburg Rd
Zanesville, OH 43701
740.455.5151
zanesville@rsbaffiliate.com

VSN Fitness center Boardman

Rock Steady Boxing
1285 Boardman-Canfield Rd
Boardman, OH 44512
330.726.4937
VSN@RSBaffiliate.com
VSN.RSBaffiliate.com

Cleveland Clinic Exercise Classes

Avon Lake Family Health Center

450 Avon Belden Rd
Avon Lake, OH 44012
440.930.6800

Fairview Hospital Wellness Center

3035 Wooster Rd
Rocky River, OH 44116
Contact: Anne Kuenzel
440.356.9103

Medina Hospital

970 E. Washington St
Medina, OH 44256
330.721.5700 (ask for the Physical Therapy Department)

Mellen Center (Main Campus)

1950 E. 89th St
Cleveland, OH 44195
216.445.4832

Create a Better You

Danbury Senior Living Broadview Heights

9500 Broadview Rd
Broadview Heights, OH 44147
440.596.3047

Create a Better You (Continued)

Danbury Senior Living Brunswick

3430 Brunswick Lake Parkway
Brunswick, OH 44212
330.460.4244

Danbury Senior Living Massillon

2550 University Dr SE
Massillon, OH 44646
330.833.7229

Dance

Come Dance With Me

Brecksville Human Services Center
2 Community Dr.
Brecksville, OH 44141
440.526.8531
dadiscenzo@gmail.com

Yes...I Can Dance

InMotion
4829 Galaxy Parkway
Warrensville Heights, OH 44128
216.342.4417

Delay the Disease

Akron General Health and Wellness Center

4125 Medina Rd.
Bath, OH 44333
330.665.8000

Amherst Manor

175 North Lake St
Amherst, OH 44001
440.988.1825 (Therapy Department)

Aultman North Canton Medical Group

Health Auditorium A
6046 Whipple Ave NW
North Canton, OH 44720
330.499.2587 ext. 143

Brookdale Westlake Village

28450 Westlake Village Drive
Westlake, OH 44145
Contact: Alex Spaeth
440.892.6244

Northern Ohio Parkinson's Disease Exercise Classes

Delay the Disease (Continued)

Cleveland Clinic Rehabilitation Hospital, Edwin Shaw
330 Broadway St East
Cuyahoga Falls, OH 44221
330.436.0910

Cleveland Heights Community Center
1 Monticello Blvd
Cleveland Heights, OH 44118
216.691.7373

Hillside Rehabilitation Hospital
8747 Squires Lane NE
Warren, OH 44484
330.841.3893

JCC Youngstown
505 Gypsy Lane
Youngstown, OH 44504
330.746.3250 ext. 182
jccyoungstown.org

North Canton Community Building YMCA
200 S Main St
North Canton, OH 44720
330.499.2587 ext. 143

Park Center Health Care and Rehabilitation
5665 South Ave
Youngstown, OH 44512
330.782.1173

Smithville Western Commons
4138 Swanson Blvd
Wooster, OH 44691
330.345.9050

Solon Senior Center
35000 Portz Parkway
Solon, OH 44139
440.349.6363

Sprenger Heather Knoll Nursing and Rehabilitation
1134 North Ave
Tallmadge, OH 44278
330.688.8600

Summa Rehabilitation Hospital
29 N Adams St
Akron, OH 44304
330.572.7300

Delay the Disease (Continued)

University Hospitals Avon Fitness Center
1997 Healthway Dr
Avon, OH 44011
440.328.3446

University Hospitals Parma Medical Center Health Education Center
7300 State Rd
Parma, OH 44134
440.743.4932

Westview Healthy Living
1715 Mechanicsburg Rd
Wooster, OH 44691
330.264.8640

Spinning

InMotion at the Warrensville Heights YMCA
4433 Northfield Rd
Warrensville Heights, OH 44128
216.342.4417

Tai Chi

InMotion
4829 Galaxy Parkway
Warrensville Heights, OH 44128
216.342.4417

Voice Exercise Groups

LSVT Graduate Class
InMotion
4829 Galaxy Parkway
Warrensville Heights, OH 44128
216.342.4417

LSVT Speech Therapy Support Group
University Hospitals Parma Medical Center Health Education Center
7300 State Rd
Parma, OH 44134
440.743.4932

Voice Exercise Groups (Continued)

Song In My Heart Singing Troupe
InMotion
4829 Galaxy Parkway
Warrensville Heights, OH 44128
216.342.4417

Speak Out! And The Loud Crowd
Baldwin Wallace University
Contact: Amy Larocca, MA, CCC-SLP
440.826.2149

Yoga

InMotion
4829 Galaxy Parkway
Warrensville Heights, OH 44128
216.342.4417

YogaReach
216.577.1507
yogareach@gmail.com
yoga-reach.org