



A resource from PCLA – updated August 2019

PARKINSON'S EXERCISE CLASSES IN LOS ANGELES COUNTY AND ONLINE

www.pcla.org • info@pcla.org • (310) 880-3143

This list is compiled by PCLA as a community service. Inclusion does not imply endorsement. Class availability changes; please reach out before attending a class to confirm details.

AGOURA HILLS

Neuroboxing

Schedule available online: www.neuroboxing.org
Gym locations in Agoura Hills and Woodland Hills
Location: Agoura Fitness, 28716 Roadside Dr.
Agoura Hills, 91301
Email: info@neuroboxing.org
Tel: (805) 225-7511

BEVERLY HILLS

Dancing Through Parkinson's, by Invertigo Dance Theatre, at the Annenberg Center

Tuesdays, 11:30am–12:30pm
Cost: *by donation*
Location: 9390 N. Santa Monica Blvd, BH 90210
Website: www.invertigodance.org/dtp
Email: dancepd@invertigodance.org
Tel: (424) 229-2141

BOYLE HEIGHTS/DOWNTOWN LA

Dancing Through Parkinson's, by Invertigo Dance Theatre

First Tuesdays, 11 am–12 pm
Cost: *by donation*
Location: 3540 N Mission Rd, Los Angeles 90031
Website: www.invertigodance.org/dtp
Email: dancepd@invertigodance.org
Tel: (424) 229-2141

BRENTWOOD

Stop PD / Boxing for PD – LA

Contact to schedule an assessment
Location: Box N Burn LA, 11980 San Vicente Blvd.
#106, Los Angeles 90049
Website: <https://stop-pd.org/boxing/>
Email: suzanne@stop-pd.org

CHATSWORTH

Rock Steady Boxing Chatsworth

Contact for class times and assessment information
Location: 20812 Lassen Street, Chatsworth 91311
Website: <http://chatsworth.rsbaaffiliate.com>
Email: chatsworth@rsbaaffiliate.com
Tel: (818) 773-1747

CULVER CITY

Dancing Through Parkinson's, by Invertigo Dance Theatre

Thursdays, 1:30pm–2:30pm
Cost: *by donation; no YMCA membership required*
Location: Culver-Palms YMCA, 4500 Sepulveda
Blvd, Culver City 90230
Website: www.invertigodance.org/dtp
Email: dancepd@invertigodance.org
Tel: (424) 229-2141

LONG BEACH

Recreation Fitness

PD Fit Classes Mon/Wed 2pm and Tue/Thu 12 pm
Cost: *\$165 for 4 weeks*
Also offering personal training for PD
Location: 4234 Atlantic Ave, Long Beach, 90807
Website: <http://recreationfitness.com>
Tel: (562) 243-2221

Rock Steady Boxing: Kaizen Long Beach

Classes Mon, Wed & Fri, 10:45 am–12:15 pm
Location: Kick It Up Dance Studio, 8129 E.
Wardlow Rd., Long Beach 90808
Website: <http://kaizenlongbeach.rsbaaffiliate.com>
Email: kaizenlongbeach@rsbaaffiliate.com
Tel: (626) 301-9212

continued on next page

LONG BEACH, continued

Samantha McGowan - Yoga for PD classes

PWRfit! Yoga classes in Long Beach

Email: samantha@recreationfitness.com

Tel: (206) 819-2548

LOS ANGELES

P.L.L.U.S (Parkinson's Learning, Lifelong Useful Skills) Exercise Class

Mon, Wed, and Fri, 11:15 am–12:15 pm

Location: Collins & Katz Family YMCA, 1466 S Westgate Ave, LA 90025 (*class is free for YMCA members*)

Tel: (310) 477-1511

Re+Active Physical Therapy

Boxing, cardio, and yoga for PD; fitness workshops

Location: 11500 W. Olympic Blvd, #415, LA 90064

Website: www.reactivept.com

Email: info@re-activept.com

Tel: (424) 225-1845

SmartXPD Parkinson's Exercise Class by Patrick LoSasso

Classes Wed and Fri, 10:30–11:30 am

Location: Westside Jewish Community Center
5870 W. Olympic Blvd., LA 90036

Cost: \$3 per student; free for Center members

Email: patrick@patricklosasso.com

Tel: (323) 422-9794

Yoga for PD at Liberation Yoga

Classes every Tuesday, 2 pm

Location: Liberation Yoga, 1288 South La Brea Ave, LA 90019

Class is free. Caregivers may also attend.

Website: www.liberationyoga.com

Email: inside@liberationyoga.com

Tel: (323) 964-5222

MONROVIA

Rock Steady Boxing Kaizen Monrovia

Contact for class times and assessment information

Location: 135 E Chestnut Ave #12, Monrovia 91016

Website: <http://kaizenmonrovia.rsbaaffiliate.com>

Email: kaizenmonrovia@rsbaaffiliate.com

Tel: (626) 301-9212

PACIFIC PALISADES

Rock Steady Boxing Los Angeles

Classes Tues, Thur, and Fri, 11:30 am–12:20 pm

Location: Gerry Blanck's Martial Arts, 881 Alma Real Dr. #T-14, Pacific Palisades, 90272

Website: www.rocksteadyboxingla.com

Email: losangeles@rsbaaffiliate.com

Tel: (805) 991-2970

PASADENA

InCourage Physical Therapy

Fitness classes and physical therapy for PD

Visit site or contact for current class offerings

Location: 2693 E. Washington Blvd, 91107

Website: www.incouragept.com

Email: info@incouragept.com

Tel: (626) 722-8032

Lineage Dance Company

Movement, dance, acting, & voice classes for PD.

\$15 per class / \$78 for six class series

Location: The First United Methodist Church
500 E. Colorado Blvd, Pasadena 91105

Website: www.lineagepac.org/classes

Email: lineagedance@gmail.com

Tel: (626) 844-7008

Neuroboxing Pasadena

Classes Tues and Thurs, 10am

Location: Classic Kickboxing, 91 E. Union Street, Pasadena 91103

Program Director: Phoebe Delman

Website: www.classickickboxing.com

Email: neuroboxing@classickickboxing.com

Tel: (626) 796-6387

Rock Steady Boxing

Contact for class times and assessment information

Location: Title Boxing Club Old Pasadena, 87 Fraser Alley, Pasadena 91105

Website: <http://tbcoldpasadena.rsbaaffiliate.com>

Email: tbcoldpasadena@rsbaaffiliate.com

Tel: (626) 340-2500

SANTA MONICA

Stop PD Boxing for PD

Classes Tuesdays & Thursdays, 12:30–1:30 pm

Contact to schedule an assessment

Location: Box N Burn, 1654 Lincoln Blvd, LA 90404

Website: <https://stop-pd.org/boxing/>

Email: suzanne@stop-pd.org

continued on next page

TARZANA

Dancing Through Parkinson's, by Invertigo Dance Theatre, at LA Star Dance Studio

Tuesdays, 1:30–2:30pm; *Cost: by donation*

Location: 19320 Ventura Blvd., Tarzana 91356

Website: www.invertigodance.org/dtp

Email: dancepd@invertigodance.org

Tel: (424) 229-2141

TORRANCE

Re+Active Physical Therapy

Movement, boxing, cardio, & yoga for PD

Contact or visit website for current class schedule

Location: 3848 W. Carson St #110, Torrance 90503

Website: www.reactivept.com

Email: info@re-activept.com

Tel: (424) 488-3191

VAN NUYS

Rock Steady Boxing San Fernando Valley

Classes at two levels meeting Tuesday and Thursday at 11am, and Fridays at 12pm

Contact to schedule a tour and free class

Location: 17228 Saticoy St, Van Nuys, 91406

Website: www.sfvalley.rsbaaffiliate.com

Email: sfvalley@rsbaaffiliate.com

Tel: (818) 916-7087

VENICE

Dancing Through Parkinson's, by Invertigo Dance Theatre

Mondays, 1:30–2:30 pm; *Cost: by donation*

Location: Electric Lodge Dance Studio, 1416

Electric Avenue, Venice 90291

Website: www.invertigodance.org/dtp

Email: dancepd@invertigodance.org

Tel: (424) 229-2141

WOODLAND HILLS

Neuroboxing

Location: Tap Out Fitness, 21720 Ventura Blvd, Woodland Hills, 91364

Website: www.neuroboxing.org

Email: info@neuroboxing.org

Tel: (805) 225-7511

ONLINE EXERCISE CLASSES FOR PARKINSON'S

Boot Camp for Parkinson's

A 60-minute exercise video from the Brian Grant Foundation. Website:

briangrant.org/parkinsonsexercisevideos/

Move It! Parkinson's exercise class

A live-streamed exercise class, offered three times a week, from the Parkinson & Movement Disorder Alliance. Registration and waiver form are required to participate. Website:

www.pmdalliance.org/online-programs/move-it/

Parkinson's Exercise Essentials: Getting Started, Staying Motivated, Seeing Results

A five-part online video series from the Davis Phinney Foundation for Parkinson's.

Email registration required to access. Website:

www.davisphinneyfoundation.org/resources/parkinsons-exercise-essentials/

SmartXPD – Exercise for Parkinson's

Online PD exercise videos from Certified Strength and Conditioning Specialist Patrick LoSasso.

Topics covered include improving function, strength and flexibility, cardiovascular exercise, and more.

Website: www.smartxpd.com/videos-on-parkinsons-exercise/

Stanford's list of Parkinson's exercise

videos. Includes online options as well as DVDs and videos for home use. Website:

parkinsons.stanford.edu/exercise_videos.html

Feldenkrais Method and Yoga for PD

Live-streamed classes from the Northwest Parkinson's Foundation. Classes held weekly. Registration is required to participate. Website:

nwpf.org/participate/parkinsons-live-online-programs/

**Questions about living with PD?
Looking for local resources?**

Contact us!

(310) 880-3143 or info@pcla.org