

PARKINSON'S EXERCISE CLASSES IN THE LOS ANGELES AREA 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

BRENTWOOD

Stop PD / Boxing for PD – LA

Contact to schedule an assessment
Fridays, 12:30-1:30 pm
Location: Box N Burn LA, 11980 San Vicente Blvd.
#106, Los Angeles 90049
Website: <https://stop-pd.org/boxing/>
Email: suzanne@stop-pd.org

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
Bld, 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/Thur 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

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; contact the Y for membership info)
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@SmartXPD.com
Tel: (323) 422-9794

LOS ANGELES, continued

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
Contact for current class offerings
Location: 1222 N Fair Oaks Ave, Suite 150 (inside CPG Gymnastics)
Email: info@incouragept.com
Tel: (626) 722-8032

Lineage Dance Company

Movement, dance, acting, & voice classes for PD.
Location: The First United Methodist Church
500 E. Colorado Blvd, Pasadena 91105
Cost: PD classes are free of charge
Website: www.lineagepac.org/classes
Email: lineagedance@gmail.com
Tel: (626) 844-7008

Neuroboxing Pasadena

Classes Wednesday and Friday, 11:30 am
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

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

SIMI VALLEY

Neuroboxing Simi Valley

Visit website for class schedule
Location: CKO Simi Valley, 2955 Cochran St. Unit A-1, Simi Valley 93065
Program director Nikki Lian
www.ckosimivalley.com
Email: info@ckosimivalley.com
Tel: (805) 210-5880

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

WESTLAKE VILLAGE

Rock Steady Boxing Ventura/Los Angeles

Mondays, Wednesdays, Fridays, 12 pm

Location: Elite Fitness Plus, 2360 Townsgate Rd.,

Westlake Village, 91361

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

Email: vcla@rsbaaffiliate.com

Tel: (805) 814-6333

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

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 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

An online video series from the Davis Phinney Foundation. Email registration required. 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/

Questions about living with Parkinson's? Looking for local resources?

- ♦ *Support groups*
- ♦ *Exercise classes*
- ♦ *Physical therapy for PD*
- ♦ *In-home care services*
- ♦ *Caregiver and family support*
- ♦ *Financial planning*
- ♦ *Legal resources*
and more

Contact our Information & Referral Specialist!

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

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

ABOUT PARKINSON'S COMMUNITY LOS ANGELES

The mission of Parkinson's Community Los Angeles is to improve quality of life for people living with Parkinson's disease throughout the greater Los Angeles area. Our goal is to connect individuals and families to the information, support, programs, and activities they need to enhance wellness and live an active, engaged life. PCLA is a 501(c)(3) non-profit organization.