A resource from PCLA – updated March 2019

PARKINSON’S EXERCISE CLASSES IN LOS ANGELES COUNTY AND ONLINE

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.rsbaffiliate.com
Email: chatsworth@rsbaffiliate.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/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

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.rsbaffiliate.com
Email: kaizenlongbeach@rsbaffiliate.com
Tel: (626) 301-9212

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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
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

P.L.L.U.S (Parkinson’s Learning, Lifelong Useful Skills) Exercise Class
Mon, Wed, and Fri, 11:15 am–12:15 pm
Location: Westside Family YMCA, 731 S Bundy
Drive, LA 90049 (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@reactivept.com
Tel: (424) 225-1845

MONROVIA
Rock Steady Boxing Kaizen Monrovia
Contact for class times and assessment information
Location: 135 E Chestnut Ave #12, Monrovia 91016
Website: http://kaizenmonrovia.rsbaffiliate.com
Email: kaizenmonrovia@rsbaffiliate.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 Blanc’s Martial Arts, 881 Alma
Real Dr. #T-14, Pacific Palisades, 90272
Website: www.rocksteadyboxingla.com
Email: losangeles@rsbaffiliate.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, Pasadena 91107
Website: www.incouragopt.com
Email: info@incouragept.com
Tel: (626) 722-8032

Lineage Dance Company
Weekly movement, dance, acting, and voice, classes for Parkinson’s. Visit site for current schedule.
$15 per class / $78 for six class series
Location: The First United Methodist Church
500 E. Colorado Blvd, Pasadena CA 91105
Website: www.lineagepac.org/classes
Email: lineagedance@gmail.com
Tel: (626) 844-7008

Rock Steady Boxing
Contact for class times and assessment information
Location: Title Boxing Club Old Pasadena, 87 Fraser Alley, Pasadena 91105
Website: http://tbcoldpasadena.rsbaffiliate.com
Email: tbcoldpasadena@rsbaffiliate.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

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

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TORRANCE
Re+Active Physical Therapy
Movement, boxing, cardio fitness, and yoga classes for PD; fitness workshops
Contact or visit website for current class schedule
Location: 3848 W. Carson St #110, Torrance 90503
Website: www.reactivept.com
Email: info@reactivept.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.rsbaffiliate.com
Email: sfvalley@rsbaffiliate.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
Schedule of classes online: www.neuroboxing.org
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
For those without in-person exercise classes available near home, there options for online exercise and classes that can be done from home.

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 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: http://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 Parkinson’s? Looking for local resources?
The PCLA Information Line will help!
(310) 880-3143 or info@parkinsonscommunityla.org