



A Better Approach to Parkinson's
(941) 926-6413 • WWW.NEUROCHALLENGE.ORG

Exercise Resources

Exercise is an important part of healthy living for ALL of us however, as individuals living with Parkinson's disease (PD), exercise is more than just a means of staying healthy — it is a vital component to maintaining balance and mobility in your daily activities. Research shows that regular exercise and physical activity can improve PD symptoms. Start exercising earlier in your PD diagnosis. A minimum of 2.5 hours a week can aid in slowing the progression of the disease and further ensure improved quality of life and overall disease management.

Disclaimer: The resources provided here are for general information purposes only and do not constitute medical advice and should not be used or relied upon for treatment of any medical condition or without guidance and approval from a qualified physician.

This list was compiled prior to the Covid 19 Pandemic, please check with the exercise provider for current class availability.

Pedaling Resources

HealthFit: Powered by Sarasota Memorial Health Care System
5880 Rand Blvd.
Sarasota, FL 34238
941-917-7000

Our Y- Frank G. Berlin, Sr. Branch
1075 S. Euclid Ave.
Sarasota, FL 34237
941-955-8194

Our Y- Evelyn Sadlier Jones Branch
8301 Potter Park Drive
Sarasota, FL 34238
941-922-9622

Sky Family YMCA: Venice
Contact: Jane Martin
701 Center Road
Venice, FL
941-492-9622

Sky Family YMCA: Englewood

Parkinson's Wellness Exercise Class and
Pedaling for Parkinson's
701 Medical Blvd. #B
Englewood, FL 34233
941-475-1234
Contact: Jane Martin
JMartin@Veniceymca.org

Sky Family YMCA: Punta Gorda

2905 Tamiami Tr.
Punta Gorda, FL 33950
941-505-0999
Contact: Lisa Heid
LHeid@skyyymca.org

Highlands County YMCA: Sebring

100 YMCA Lane
Sebring, FL 33875
863-382-9622
Contact: Dimitri Baussan
dimitribhighlandsymca@gmail.com

Manatee Family YMCA- Lakewood Ranch

5100 Lakewood Ranch Blvd
Bradenton, FL 34211
941-798-9622
Contact: Hope Hahn, Group Fitness
Instructor

Manatee Family YMCA- Bradenton

3805 59th St W.
Bradenton FL, 34209
Contact: Jacqueline McMahon
941-798-9622 ext 410
jmcMahon@manateeymca.org

Island Fitness @The Center of Anna Maria Island

407 Magnolia Ave
Anna Maria, FL 34216
(941)778-1908
Contact: Christopher Culhane
chris@thecenterami.org
or
Contact: Brenda Canning
(941)704-8858
islandfitness@hotmail.com
www.thecenterami.org

Pedaling with Parkinson's at the Y

Tuesday & Thursday, 10:15am-11:15am
Saturday, 8:15am-9:15am
Contact: Kathy Helmuth, RN, Master
Trainer/Coach Parkinson's Cycling at
kathy@parkinsonscyclingcoach.com
or
Contact Vicki for information on joining
the Y at vdriver@oursrq.com

Boxing Resources

Jaco's Boxing and Fitness

5708 Lawton Dr
Sarasota, FL 34233
Contact: Kelli Jaco
941-586-2355
www.jacoboxing.com

B-Mo Fit

347 Interstate Blvd,
Sarasota, FL 34240
Contact: Maureen Corrigan
941-320-6507
maureen@bmofit.com
www.bmofit.com

Tony Spain Boxing

4463 Ashton Road, Unit A
Sarasota, FL 34233
Contact: Tony Spain
941-302-4181
absolutetraining@aol.com
tonyspain.com

Title Boxing Club- University Park

8440 Cooper Creek Blvd.
University Park, FL 34201
Contact: Kane Henneke
281-854-8997
Henneke1@hotmail.com
titleboxingclub.com/university-park-fl

HealthFit: Powered by Sarasota Memorial Health Care System

5880 Rand Blvd.
Sarasota, FL 34238
941-917-7000
www.smhfit.com

Sky Family YMCA: Venice

Contact: Jane Martin
701 Center Road
Venice, FL
941-492-9622

Parkinson's Boxing: Morgan Family Community Center: North Port

6207 W. Price Blvd.
North Port, FL
941-429-7275
Contact: Lee Anderson

Fyzical Fitness Port Charlotte

17751 Murdock Cir.
Port Charlotte, FL
941-743-8700 ext:4
Contact: Romel Philizaire

Rock Steady Boxing (Inside Gustavo Machado BJJ Gym)

Contact: Michelle Moenning
3857 Acline Rd. Unit 107
Punta Gorda, FL 33950
941-626-4754
PuntaGorda@RSBaffiliate.com

Boxing Resources Continued

Fight Back Against Parkinson's:

Boxing and Stretch

3400 Office Park Rd.

Sebring, FL

Contact Steve:

863-382-0818

Transitions Rehabilitation

4702 Cortez Road

Bradenton, FL 34210

(941)253-5166

Contact Lanita Pugh,

Director of Strategic Development:

(813)644-2778

Mease Life

700 Mease Plaza

Dunedin, FL, 34698

(727)738-3000

Contact Trina Theodorovich

The Palms of Largo

300 Lake Avenue NE

Largo, FL 33771

(727)437-1600

Contact Leah Einboden

Push Fitness

14268 Walsingham Road

Largo, FL 3374

(727) 276-8431

Suncoast Fitness

203 38th Ave, North

St. Petersburg, FL 33704

(727)276-8431

Physique Fitness

3297 Tampa Road

Palm Harbor, FL

(727) 233-4840

Therapeutic & Other Exercise Resources

Sky Family YMCA: Yoga

701 Center Road

Venice, FL

Contact: Jane Martin

941-492-9622

Jmartin@veniceymca.org

Island Fitness @The Center of Anna

Maria Island- Yoga for PD

407 Magnolia Ave

Anna Maria, FL 34216

(941)778-1908

Contact: Christopher Culhane

chris@thecenterami.org

or

Contact: Brenda Canning

(941)704-8858

islandfitness@hotmail.com

www.thecenterami.org

Thrive Yoga

8819 Cortez Rd W

Bradenton, FL 34210

Contact: Erin Geraghty

(570) 497-7801

Advent Health Wellness Center

Tai Chi

Tuesdays 11:30am-12:15pm

4005 Sun 'N Lake Blvd.,

Sebring, FL 33872

863-386-6421

HealthFit: Powered

**by Sarasota Memorial Health Care
System- Parkinson's Big**

Strides With Exercise- Yoga, Tai Chi

5880 Rand Blvd.

Sarasota, FL 34238

941-917-7000 option 1

www.smhfit.com

Online Yoga

Contact: Dianne Ochiltree

<https://dianne-ochiltree-zen.com>

In - Home Yoga

Contact: Cari Ferreiro-Aslan

cariellen05@aol.com

516-816-128

Tai Chi & Qi Gong Healing Institute

www.taichihealing.org

www.draihankuhn.com

Contact: Dr. Aihan Kuhn

617-877-0272

Quiet Strength Martial Arts

Martial Arts for Parkinson's

Contact: Patrick Brenckle

Venice, FL

860-377-5945

Therapeutic & Other Exercise Resources

Bayfront Wellness and Rehab: Punta Gorda- Parkinson's Exercise Classes

Contact: Peter Gaylord
733 East Olympia Avenue
Punta Gorda, FL 33950
941-637-2450

The LOUD Crowd: Punta Gorda (Vocal Exercise Class)

Contact: Mary Spremulli
1544 Rio De Janeiro
Punta Gorda, FL
941-204-1515

Suncoast Fit Life

Health & Fitness with Elizabeth

Contact: Elizabeth Goldsmith
316-803-2194
Elizabeth@SunFitLife.com
SunFitLife.com

YMCA of Greater St. Petersburg Delay the Disease™ - Wellness Program

5175 45th St. North
St. Petersburg, FL 33714
Contact: Kieran Gabel
727-235-6472
kgabel@stpeteymca.org

HealthFit: Powered by Sarasota Memorial Health Care System-Parkinson's Big Strides With Exercise- Whopping Movers *(group exercise for those that have completed LSVT BIG)*

5880 Rand Blvd.
Sarasota, FL 34238
941-917-7000 option 1
www.smhfit.com

HealthFit: Powered by Sarasota Memorial Health Care System- Speak Out *(group speech exercise class for those that have completed SPEAK OUT therapy program)*

5880 Rand Blvd.
Sarasota, FL 34238
Rehabilitation Dept: 941-917-7600
www.smhfit.com