

LOCAL CLASSES FOR PEOPLE WITH PD 2018

Classes	Location	Instructors	Contact Info	Day
CLASSES INITIATED WITH FINANCIAL SUPPORT FROM PD ACTIVE				
Be Heard (Holistic speechwork for Parkinson's)	JCC Berkeley 1414 Walnut St., Berkeley	Kaitie Ty Warren	ktwarren@gmail.com	Thu
Chair Yoga for People with PD	The Yoga Room 2530 San Pablo Av., Berkeley	Murthy Jarugumilli Petra Fibrichova	murthy.yt@gmail.com fibrichova@gmail.com 925-864-2890	Tue
PWR!Moves® (PD Specific Exercise)	The Yoga Room 2530 San Pablo Av., Berkeley	Murthy Jarugumilli Petra Fibrichova	murthy.yt@gmail.com fibrichova@gmail.com 925-864-2890	Tue
Rock Steady Boxing® Albany	Performance Fitness MMA 544 Cleveland Av., Albany	Daniel Burkhardt	rocksteadyboxingalbany.com info@rocksteadyboxingalbany.com 925-471-5432	Mon/Tue/Wed/Fri/1 st and 3 rd Sat of the month
OTHER CLASSES				
Dance for PD®	Berkeley Ballet Theater 1370 Tenth St. Berkeley	Susan Weber	http://berkeleyballet.org/dance-for-parkinsons/ susanw@berkeleyballet.org 925-457-8170 Free of charge, donations accepted.	Mon & Thu
Dance Moves Me for PD	Bridgework Building, 3990 Harlan St., Emeryville	Debbie Sternbach	http://fasn8n.wix.com/dancemovesme Fasn8n@comcast.net 510-653-8362	Fri
Mindful Movement: You, Yoga & Parkinson's	This Here Space 1914 Oregon St., Berkeley	Aileen Kim Pamela Perry	aileenkim@gmail.com pamela@gatewaytograce.net	Fri
Parkinson's Disease and the Art of Moving	JCC Berkeley 1414 Walnut St., Berkeley	Debbie Sternbach	http://fasn8n.wixsite.com/dancemovesme/john-argue-method 510-653-8362	Mon
Parkinson's Disease Movement	Berkeley Adult School 1701 San Pablo Av., Berkeley	Jan Hetherington	http://bas.berkeleyschools.net/jan@moves-to-improve.com 510-644-6130	Thu
Water Works (aquatic fitness)	Bellevue Club 525 Bellevue Av., Oakland	Kate Johnson	kfullerjohnson@gmail.com 510-891-0463	Mon/Fri
Yoga for People with Parkinson's	Adeline Yoga Studio 3320 Adeline St. at Alcatraz, Berkeley	Suzanne Drolet	www.adelineyoga.com/class-levels/#yoga-for-parkinson-life_love_yoga@comcast.net 510-846-8814	Thu