

LOCAL CLASSES FOR PEOPLE WITH PD 2018

Classes	Location	Instructors	Contact Info	Day
CLASSES INITIATED WITH FINANCIAL SUPPORT FROM PD ACTIVE				
PWR!Moves® (PD Specific Exercise)	The Yoga Room 2530 San Pablo Av., Berkeley	Murthy Jarugumilli	murthy.yt@gmail.com 925-864-2890	Tue
Chair Yoga for People with PD	The Yoga Room 2530 San Pablo Av., Berkeley	Murthy Jarugumilli	murthy.yt@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/Wed/ Fri
OTHER CLASSES				
Be Heard (Holistic speechwork for Parkinson's)	JCC Berkeley 1414 Walnut St., Berkeley	Kaitie Ty Warren	ktwarren@gmail.com	Thu
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@comast.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/ohn-argue-method 510-653-8362	Mon
Parkinson's Disease Movement (based on John Argue's method)	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