



Community Resources: Exercise Classes

Paso Robles

- **PD Fit (ON HOLD)** Emily Hernandez, PT, DPT, and Chelcy Westphal (FREE CLASS); (805) 369-1422
2127 Vanderlip, Paso Robles (The Lab)

Atascadero

- **Rock Steady Boxing Central Coast;** Dave Sanchez; (805) 459-9530
Tuesday and Thursday, 12:00 to 1:15
Paragon Jiu Jitsu, 8665 El Camino Real (inside Fit Republic)

Morro Bay

- **Rock Steady Boxing Central Coast;** Dave Sanchez; (805) 459-9530
Tuesday and Thursday, 10:00 to 11:15
St. Peter's by the Sea Episcopal Church, 545 Shasta Avenue

San Luis Obispo

- **Rock Steady Boxing Central Coast;** Dave Sanchez; (805) 459-9530
Wednesday and Friday, 11:30 to 12:45
Pit.Fit, 2060 Parker Street
- **PD Moves (Dance for PD - ON HOLD),** Ryan Lawrence, PT, DPT (805) 704-2391
2074 Parker Street (at the Movement Arts Center)
- **PWR!Moves (ON HOLD),** Kristen Carless, PT, DPT (805) 439-3900
211 Tank Farm Rd, Suite A (at Precision Physical Therapy and Wellness)
- **Coach K Pilates;** (Parkinson's individual and small group), Catherine Hennelly

Five Cities

- **Central Core Pilates** (Parkinson's individual and specific classes), Misha Patel (805) 295-9505
1160 Price Street, Pismo Beach www.centralcore.fitness
- **Rock Steady Boxing Central Coast;** Dave Sanchez; (805) 459-9530
Wednesday and Friday, 2:15 to 3:30
9Round Boxing, 822 E. Grand Avenue

Santa Maria

- **Neuroboxing Santa Maria,** April Sargeant (805) 698-1983
Online Classes (functional ex, balance, posture, shadow boxing, PWR!Moves, strength and cardio): Monday at 10:30, Wednesday/Friday at 1:30
In-Person Classes - (functional ex, non-contact boxing, balance, posture, PWR!Moves, cardio):
MWF 1:30 -2:30 (call for sign-up, space is limited for social distancing)
1207 E. Main Street (at the Marian Health and Wellness Center)
Nordic Pole Walking Class (FREE), April Sargeant (805) 698-1983
Monthly on Saturday mornings, weather permitting, call for details

Rev 04-2021