



Community Resources: Exercise Classes

Atascadero:

- **Our PD exercise class schedule is being revised.** Please contact April Sargeant at (805) 698-1983 for more information.

Morro Bay

- **Our PD exercise class schedule is being revised.** Please contact April Sargeant at (805) 698-1983 for more information.

San Luis Obispo

- **Our PD exercise class schedule is being revised.** Please contact April Sargeant at (805) 698-1983 for more information.
- **Coach K Pilates** – Parkinson’s individual and small groups. Catherine Hennelly, San Luis Obispo 805-459-6967

Five Cities

- **Central Core Pilates**, Parkinson’s individual and specific classes. Misha Patel. 805-295-9505 at 1160 Price St, Pismo Beach <https://centralcore.fitness/>

Santa Maria

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

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