



Community Resources: Parkinson-Specific Exercise Classes

Paso Robles:

- **PD Fit at Paso Robles Physical Therapy**

Monday and Thursday afternoons. Alyson Amenta PT, DPT; Emily Hernandez PT, DPT. Combination of PWR!Moves, Yoga, Boxing and Tabata. 805-237-0272

Atascadero:

- **First Saturday Morning Walking Group**

Meet in front of the Lake Pavilion, 9315 Pismo Avenue at Atascadero Lake. Vic Breault 951-663-9841 or vicloribreault@gmail.com.

San Luis Obispo

- **SLO Movers Tuesday Neighborhood Walking Group**

Every Tuesday from 10:00 to 11:00 am. Meet at the Ludwig Community Center parking lot, 864 Santa Rosa Street, San Luis Obispo (corner of Mill and Santa Rosa). Call the CCPA at 805-994-0425.

- **Coach K Pilates**

Parkinson's individual and small group. Catherine Hennelly, chennelly@charter.net

Five Cities

- **Central Core Pilates**

Parkinson's individual and neuro group classes. Misha Patel, 1160 Price St, Pismo Beach. 805-295-9505 <https://centralcore.fitness>

Santa Maria

- **Neuroboxing Santa Maria**

April Sargeant Huckabey, 805-698-1983, 1207 E. Main Street, Santa Maria (at the Marian Health and Wellness Center)

- **On-line Classes:** (functional ex, balance, posture, shadow boxing, PWR!Moves, strength and cardio) Monday at 10:30 am, Wednesday and Friday at 1:30 pm.
- **In-Person Classes:** (functional ex, non-contact boxing, balance, posture, PWR!Moves, cardio) Monday, Wednesday and Friday 1:30-2:30 pm. (Call 805-698-1983 for sign-up)
- **Nordic Pole Walking Class (FREE)** April Sargeant Huckabey, Monthly on Saturday mornings, weather permitting. Call 805-698-1983 for details.