

North Central Region

Adams, Florence, Forest, Green Lake, Iron, Langlade, Lincoln, Marathon, Marquette, Menominee, Oneida, Portage, Price, Shawano, Vilas, Waupaca, Waushara and Woodcounties.

Marshfield _ Support group

Wesley United Methodist Church, 205 South Maple Street, Marshfield, WI 54449
3rd Thursday at 1pm

Contact: Marilyn Seidl-Kramer 715-305-8224

Marshfield – Caregiver respite center

Marshfield Area Respite Care Center (MARCC) Wesley United Methodist Church, 205 E 3rd Street, Marshfield, 54449

715-384-8478

Minocqua – Support group

Ascension Lutheran Church, Highway 51 South, Minocqua, WI 54548
2nd Tuesday at 10am-12pm

Contact: Laura Peck 715-420-2160

Shawano – Parkinson's exercise class

Total Fitness, 116 North Main St, Shawano, WI 54166

Monday-Friday call for times

Contact: Jean Darling, PT 715-526-2899 shawanototalfitness@gmail.com

*ask about Silver Sneaker classes too

Stevens Point – Movement & Music Parkinson's Exercise Class *Virtual

Thursdays 1:30-2:30

Instructor: Lucy Scott

To register: Mary Wood 414-430-3561

Waupaca Rock Steady Boxing

Waupaca Senior Center, 407 School St, Waupaca, WI 54981

Tuesdays & Thursdays from 1:00 – 2:00

Contact: Andrea Wanty at 715-258-4437

Wausau – Move Better Exercise Class

Woodson YMCA, 707 Third St., Wausau, WI 54403

Call for class information 715-845-2177

Wautoma – Rock Steady Boxing

Wautoma Fitness 24/7, 480 S. Townline Road, Wautoma, WI 54982

Call for times

Contact: Carol Clark 920-787-5207 or 920-787-1011

Northeast Region

*Brown, Calumet, Door, Fond du Lac, Kewaunee,
Manitowoc, Marinette, Oconto, Outagamie, Sheboygan
and Winnebago counties .*

Appleton-Young Onset Women's Group (We are geared toward women under age 55.)

Barnes & Noble

4705 W Grande Market Drive

2nd & 4th Tuesdays at 6:00pm

Contact: Wendy Sorem & Calissa Schneider, yopdwfox@gmail.com 920-810-4367

Appleton Parkinson's Support

Group Touchmark on West

Prospect

2601 Touchmark Dr Appleton, WI 54914

Third Thursday @ 2:30 pm Garden Dining

Room (920) 832-9100

Appleton - Empowered by Movement Exercise Class

Touchmark on West Prospect

2601 Touchmark Dr Appleton, WI 54914

Thursdays @ 1pm Health & Fitness Studio

Contact Lisa Pritzl

lisa@empowermentdance.com

<https://empowermentdance.com/classes/empowered-by-movement/>

Duluth (Minnesota) – Parkinson’s Support Group

YMCA at the Essentia Wellness Center, 4289 Ugstad Road, Hermantown, MN 55811

Third Mondays of the month from 2:00 – 3:30

Contact: Steve & Kitty Hoden at stevekittyhoden@gmail.com

Bonnie Niemi at bjniemi@gmail.com

Sally Rollins (Young-onset PD) at salster612@gmail.com

Fond du Lac – Parkinson’s exercise class

Fond du Lac Family YMCA, 90 W. 2nd Street, Fond du Lac, WI

Tuesday and Thursday 10:15am-12noon

Instructor: Joel Mason and Martha Swift

Contact: Joel 920-921-3330 or masonj@agnesian.com

Fond du Lac – Dance

Fond du Lac Senior Center, 151 East 1st Street, Fond du Lac, WI

2nd Tuesday at 1:00

Lori Anderson 920-906-4792

Fond du Lac – Movement & Music Parkinson’s Exercise Class

Fond du Lac Senior Center, 151 E 1st St., Fond du Lac, WI 54935

2nd & 3rd Tuesday 2:00-3:00

Instructor: Kate Mann katemann2606@gmail.com

Green Bay – Parkinson’s Mobile & Fit

Aurora BayCare Orthopedic & Sports Medicine Center, 1160 Kepler Drive, Green Bay, WI 54311

920-288-5491 *Must call for a free consultation before class

Green Bay- Exercising with Parkinson’s

YMCA East Side Branch 1740 Huron Road

Tuesdays & Thursdays at 9:00

*Spouse/ Care partner has free weekly access to the Y during program time

Contact 920-436-1253 or Katie.mandell@greenbayymca.org

Green Bay – Rock Steady Boxing

Western Racquet & Fitness Club, 2500 S. Ashland Ave, Green Bay, WI 54304

Monday, Wednesday and Friday at 1:30pm

920-497-1161 or westernracquet@rsbaffiliate.com

Green Bay – Empowered by Movement

Western Racquet & Fitness Club, 2500 S. Ashland Ave, Green Bay, WI 54304

Tuesdays from 1:30 – 2:45pm

920-737-1140 or lisa@empowermentdance.com

Green Bay – Support group

Brown County Aging and Disability Resource Center, 300 South Adams Street

2nd Wednesdays at 3 pm

920-448-4300

Green Bay – Support group

Saints Edward and Isidore Parish, 3667 Flintville Road, Green Bay, WI 54313

3rd Tuesday of every month at 1-2:30 pm

Contact: Carol Mueller, RN at 920-865-7844

Kiel – Movement & Movement Parkinson's Exercise Class

Kiel Community Center, 510 3rd St., Kiel, WI, 53042

Mondays 1:00-2:00

Instructor: Michelle Jens

To Register: Missy Brandt 920-894-7861 or missy.brandt@kielwi.gov

Kimberly – Pedaling for Parkinson's

Heart of the Valley YMCA, 225 W Kennedy Ave, Kimberly WI 54136

Tuesdays and Thursdays 11 am – 12 pm

Fee: \$45 (member) \$60 (non-member) for 8-week program

Contact: Paula Beyer 920-830-5700

Manitowoc – Exercise class

Manitowoc Two Rivers YMCA, 205 Maritime Drive, Manitowoc, WI 54220

Contact: Candy Ruffolo 920-482-1578 cruffolo@mtrymca.org or Krystal Otto 920-482-1523 kotto@mtrymca.org

*Class options change regularly, check the website or call to view current class schedules

Manitowoc – Exercise class

1650 South 41st Street, Manitowoc, WI 54220

Monday & Thursday at 12:30 and 1:30

Contact: 920-320-4600

Marinette – Support group

Harbors Retirement Community, 1110 10th Avenue, Menominee, MI 49858 (across the river from Marinette)

3rd Thursday at 10-11:15am

Contact: Pat Ihler 906-863-9445 or the front desk at 906-863-3300

Neenah – Support group

Neuroscience Group (2nd Floor Classroom), 1305 W. American Drive, Neenah, WI 54956

4th Thursday at 2-4pm

Contact: Patrick Pelkey 920-538-0144

Oshkosh – Rock Steady Boxing

Oshkosh Community YMCA, 3303 West 20th Avenue, Oshkosh, WI
54901 Monday and Wednesdays at 9:30-10:45am

920-230-8439

*They also host a support group for people with PD and caregivers that meets quarterly, call for details.

Sheboygan – Support group

Manitowoc Senior Center, 4612 Hunter's Glen Drive, Sheboygan, WI 53803
Support groups times/dates subject to change

Call Cathy Hughes 920-287-1514 or Burt Hughes 920-889-2293

Sturgeon Bay – Parkinson's exercise class

Door County YMCA, 1900 Michigan Avenue, Sturgeon Bay, WI 54325
Tuesday and Thursday at 2:15-3:15pm

Contact: YMCA 743-4949

Sturgeon Bay – Support group

Sturgeon Bay United Methodist Church, 836 Michigan Street, Sturgeon Bay, WI 54325
2nd Wednesdays at 1:00

Contact: Carol Moellenberndt 920-743-3476

Northwest Region

Ashland, Barron, Bayfield, Buffalo, Burnett, Chippewa, Clark, Douglas, Dunn, Eau Claire, Jackson, Pepin, Pierce, Polk, Rusk, Sawyer, St. Croix, Taylor, Trempealeau and Washburn counties.

Chippewa Falls _ Support group

Trinity United Methodist Church, 501 West Central Street, Chippewa Falls, WI
1st Tuesdays at 1:30pm

Contact: Kathy Beyreis krbeyreis@gmail.com 715-651-8885 or Sharon St. Clair
shar820@live.com 715-239-5519

Chippewa Falls – Movement & Music Parkinson's Exercise Class

In-person & virtual

Trinity United Methodist Church, 201 W central St, Chippewa Falls, WI, 54729
Thursdays 11:00-12:00

Instructor: Ellen Dovre ellendovre@gmail.com

Duluth, MN – Yoga for Parkinson's
5628 Grand Ave
Class schedule varies, call for details
Teresa inharmony.life@gmail.com 218-391-8778

Duluth, MN Area Parkinson's Support Group
YMCA at the Essentia Wellness Center at 4289 Ugstad Road, Hermantown, MN 55811
Third Mondays from 2:00 – 3:30pm
Contact: 218-241-8008

Eau Claire – Rock Steady Boxing
L.E. Phillips Senior Center, 1616 Bellinger Street, Lower Level
Monday, Wednesday & Friday at 9:15, 10:45 and 12:00
Contact: Allison Triebold at 715-760-2763 or rtbfitness2@gmail.com

Eau Claire – Support group
UW Eau Claire Human Science and Services Room 177
3rd Tuesday at 1-3pm
Contact: Jamie Wright 715-717-3147

Eau Claire – Lewy Body caregiver support group
Porter Place, 14 Porter Ave.
2nd Wednesday at 6-8pm
Contact: Amy Lokken 715-379-3148

Menominee – Support group
Harbors Retirement Community, 1110 10th Avenue, Menominee, MI 49858 (across the river
from Marinette)
3rd Thursday at 10-11:15am
Contact: Pat Ihler 906-863-9445

Webster – Caregiver support group
Location alternates between Webster and Grantsburg every other month
Larsen Family Public Library, 7401 Main Street W, Webster WI 54893
4th Thursday at 2-3pm
Contact: Bev Sandberg 715-220-3193

Southeast Region

*Kenosha, Milwaukee, Ozaukee, Racine, Walworth,
Washington and Waukesha counties.*

Brookfield _ Boxing
Wisconsin Athletic Club (WAC), 20075 Water Tower Blvd, Brookfield, WI 53045
Tuesday at 1
262-544-4111

Brookfield – Support group
Badger Hospice 125 N Executive Dr.

1st Thursday at 2:00pm
Contact: 414-312-6990

Brown Deer – Parkinson’s exercise class
Rite Hite YMCA, 9250 N. Green Bay Road, Brown Deer, WI 53209
Monday and Wednesday 1:30-3pm
Contact: Paolina Palmisano ppalmisano@ymcamke.org (414) 357-2854

Brown Deer – Parkinson’s Boxing class
Rite Hite YMCA, 9250 N. Green Bay Road, Brown Deer, WI 53209
Fridays 2:00-2:45
Contact: Josh Conlon jconlon@ymcamke.org (414) 357-2809

Burlington – Movement & Music Exercise Class
Burlington Senior Center, 587 E State St, Burlington, WI, 53105
Thursdays 1:30 pm
Instructor: Mary Wood 414-430-3561

Cedar Grove – Support group
First Reformed Church
4th Monday of each month from 6:30-8pm
Contact: Barb Skutka 920-889-9154 or BSkutka@wi.rr.com
*Serves Sheboygan and Ozaukee Counties

Cudahy – Movement & Music Parkinson’s Exercise Class
Cudahay Senior Center, 6100 S Lake Dr, Cudahay, WI 53110

Franklin and Muskego – Parkinson’s exercise class
Franklin High School (Multi-Purpose Room), 8222 South 51st Street, Franklin, WI 53132
Wednesday 4-5PM [MORE INFO](#)
Instructor: Mary Spidell 414-430-3561
Fee: \$32 Franklin Residents / \$48 Non-Resident
Contact: [Online](#) or call Franklin Community Education & Recreation Dept. 414-423-4646

Greenfield – Combat PD
Wisconsin Athletic Club, 5020 S. 110th Street, Greenfield, WI
Thursdays 10:30am
414-427-6500

Hartland – Rock Steady Boxing
Lake Country Racquet & Athletic Club, 560 S. Industrial Drive, Hartland, WI
262-367-4999 or lakecountry@rsbaffiliate.com

Kenosha – Care Partner Support Group

Kenosha Senior Living, 3109 30th Ave, Kenosha, WI
53144 First Wednesday of every month at 3:00 pm

To RSVP contact Stephanie at 262-234-7285 or stephanie.dishno@pleasantpointsl.com

Lake Geneva – Rock Steady Boxing

Geneva Lakes YMCA, 203 S. Wells Street, Lake Geneva, WI
Tuesday, Thursday and Friday at 10:30-12pm

262-248-6211 or genevalakes@rsbaffiliate.com

Lake Geneva – Support group

Geneva Lakes YMCA (Multi-generational Room), 203 S. Wells Street, Lake Geneva, WI

1st Thursday at 11:30-12:30pm

Contact: 262-248-6211

Milwaukee – Caregiver support group

St. Ann Center for Intergenerational Care-Stein Campus, 2801 E. Morgan Avenue, Milwaukee,
WI 53207

Caregiver support _ 1st and 3rd Wednesdays at 1:00

414-977-5000

New Berlin – Young- Onset support group

FastBack Physical Therapy, 3333 South Sunny Slope Rd, New Berlin, WI 53151

3rd Wednesday at 6:30pm

Contact: Patrick Barron 262-682-1842

New Berlin – Rock Steady Boxing & Dance

FastBack Physical Therapy, 3333 South Sunny Slope Rd, New Berlin, WI 53151

RSB Tuesdays & Thursdays 11/12:15/5:45

Dance Mondays at 11

Contact: Patrick Barron 262-682-1842

Pewaukee–Rock Steady Boxing

ProHealth West Wood Health and Fitness Center, 2900 Golf Road Pewaukee, WI 53072

Mondays and Wednesdays at 1pm

Contact: Anne Barber, 262-513-7209, abarber@westwoodfitness.org

Racine – Exercise class

Racine Family YMCA, 8501 Campus Drive, Mt Pleasant, WI 53406

Fridays at 1:30-2:30pm and 2:45-3:45pm

Contact: 262-634-1994

Watertown- Movement & Music Parkinson's Exercise Class

Watertown Area YMCA 415 S. 8th St., Watertown, WI, 53094

Tuesdays 11:45

Instructor: Joy Cochran 307-631-3414 or joyexplorations@gmail.com

Waukesha – Parkinson’s exercise class
YMCA Waukesha, 320 East Broadway, Waukesha, WI 53186
Mondays and Wednesdays at 1
Contact: 262-542-2557

Wauwatosa – Exercise Class
Froedtert & Medical College of Wisconsin, Community Conference Center, 8700 Watertown
Plank Road, Wauwatosa, WI 53226
Monday & Wednesdays. Call for times.
Contact: 414-805-3666

Wauwatosa – Young Onset support group
Froedtert & Medical College of Wisconsin, Community Conference Center, 8700 Watertown
Plank Road, Wauwatosa, WI 53226
3rd Wednesday at 6:30-8pm
Contact: 414-312-6990

West Allis – Rock Steady Boxing
Rock Steady Boxing Milwaukee, 9730 W. Greenfield Avenue, West Allis, WI 53214
Tuesdays and Thursdays at 11:00 and 12:30
262-325-0272 or milwaukee@rsbaffiliate.com

West Allis – Support group
Aurora West Allis Memorial Hospital(Women’s Center, Lavender Room), 8901 West Lincoln
Avenue, West Allis, WI 53227
4th Tuesday at 6:00 pm, No meetings in July, August and December
Contact: Mary Donovan 414-405-0532 marydonovan@aol.com or Sue Biesk 262-642-
2150 tbieszk@wi.rr.com

West Bend – Parkinson’s exercise class
Kettle Moraine YMCA at River Shores, 705 Village Green Way, West Bend, WI
Tuesdays and Fridays at 1:30-3pm
Instructors: 262-247-1050

West Bend – Rock Steady Boxing
Rock Steady Boxing West Bend, 3130 Newark Drive, West Bend, WI
262-909-0602 or westbend@rsbaffiliate.com

West Bend – Support group
Cedar Community, 113 Cedar Ridge Drive, West Bend, WI 53095

3rd Monday at 1pm
Contact: Gary Schilling 262-388-0522

Whitefish Bay – Dance
Jewish Community Center, 6255 North Santa Monica Boulevard, Whitefish Bay, WI 53217
Tuesdays & Thursdays at 2
Contact: pdancewi@gmail.com or 414-964-4444

Southwest Region

Columbia, Crawford, Dane, Dodge, Grant, Green, Iowa, Jefferson, Juneau, La Crosse, Lafayette, Monroe, Richland, Rock, Sauk and Vernon counties.

Baraboo _ Boxing
Pulse Fitness & Training, 501 Hitchcock Street, Baraboo, WI 53913
Tuesdays and Fridays at 10-11:30am
Contact: Sylvia 608-356-7096 or Geri 608-356-3473

Baraboo – Support group
First Congregational United Church of Christ, 131 Sixth Avenue, Baraboo, WI 53913
3rd Monday at 2pm
Contact: Sylvia Kriegl 608-356-7096 or Geri Schoenoff 608-356-3473

Beaver Dam – Rock Steady Boxing
Martial Art America, N7169 E. Plaza Drive, Beaver Dam, WI 53916
Monday and Friday at 9:00
Contact: 920-210-1541

Beloit – Rock Steady Boxing & Body in Motion
Rock Steady Boxing SOL Beloit, 1201 Big Hill Ct., Beloit, WI
Class times vary
Contact: 608-302-7088

Beloit – Caregiver support group with emphasis on Dementia
Sun Valley Presbyterian Church, 1650 Sun Valley Drive, Beloit WI 53511
2nd and 4th Tuesdays at 1-3:00pm
Contact: Karen Tennyson 608-741-3615

Dubuque, IOWA – Parkinson’s Support Group for those with PD and Care Partners
Stonehill Caregiver Building, lower level, 3485 Windsor Ave., Dubuque, IA, 52001
4th Saturdays at 10:00 a.m.
Contact: Gerald Osterhaus at 563-582-7313 or Judy at judyosterhaus@gmail.com

Dodgeville – Support Group

Upland Hills Health Hospital, 800 Compassion Way, Dodgeville WI

3rd Wednesdays from 12:00 –1:30pm

Contact: Jan Prince 608-574-4838

Dodgeville – Exercise Class

Upland Hills Health Hospital, 800 Compassion Way, Dodgeville WI

Mondays & Wednesdays from 11:00 – 11:45 am

Contact: Sheldon 608-886-3269

Eau Claire –Rock Steady Boxing (St, Croix Valley)

L.E. Phillips Senior Center, Lower Level, 1616 Bellinger Street

Contact Allison Triebold at rtbfitness3@gmail.com or 715-760-2763

Level One Classes Monday, Wednesday and Friday at 9:15 & 10:30

Level two at noon

Zoom available at 9:15

Fitchburg – Support group for care partners & support group for people with PD

*These are two separate groups that meet at the same time.

The Courtyard at Fitchburg, 5669 Wilshire Drive, Fitchburg, WI 53711

4th Wednesday of each month at 1:00 p.m.

Contact: Karen Jeffers 608-886-6711

Fitchburg – Rock Steady Boxing

Bakke Athletics, 2881 Commerce Park Drive, Suite B, Fitchburg, WI 53719 Call for times

Contact: Kjersten Bakke 608-276-8074 contact@hybridathleticclub.com

Hartford – Parkinson’s exercise class

Aurora Medical Center Washington County, 1032 E. Sumner Street, Hartford, WI

Friday at 12:00pm

262-670-7233

Janesville – Rock Steady Boxing & Body in Motion

SOL Fitness, 2100 E. Milwaukee Street, Janesville, WI

Various times

Contact: Connie Udell 608-302-7088

Janesville – Support group

Oak Park Place, 700 Myrtle Way, Janesville, WI

1st Wednesday at 2-3pm

Contact: Connie Udell at 608-302-7088

La Crosse – EXPAND Program movement disorder exercise class

UW La Crosse Physical Therapy Clinic, 1725 State Street, La Crosse, WI

Monday and Wednesday: 12noon-1pm, 2:15-3:15pm, 3:30-4:30pm or 4:30-5:30pm

Instructors: Physical therapy students

Contact: Ingra Culppert 608-785-5072 iculppert@uwlax.edu

La Crosse Support Group

Black River Beach Neighborhood Center, 1433 Rose Street, La Crosse

Contact for times and dates of meetings

Contact: Bri Holden info@starcenterlacrosse.org 608-797-6295

Madison Yafa presents: Yoga for People with Parkinson's Quarry Arts Building,
715 Hill St, Room 170, Madison, WI Classes

go in cycles, call for details

Contact: info@yafayoga.org or Register at <https://yafayoga.org/current-classes>

Madison-Parkinson's exercise class

UW Health Research Park Clinic, 621 Science Drive, Madison, WI

Classes go in cycles, call for details

608-263-7936

Madison-Dance

Various classes and locations

info www.ballroombasicsforbalance.org

Madison_ Support group

Brookdale Madison West Senior Living, 429 S Yellowstone Drive, Madison

last Tuesday at 1pm *Held virtually and via Zoom

Contact: 608-234-2996

Madison -Ping Pong **Parkinson's** exercise class *includes juggling, facila stretches
and vocal exercises.

East Madison Community Center Gym, 8 Straubel Court, Madison, 53704 Thursdays

10:00 am 11:30 am

Sundays 2:00 pm- 3:30 pppmadisonwi@gmail.com

Middleton_Living Wellwith Parkinson's

Cardinal View Senior Living, 3820 Tribeca Dr, Middleton, WI 53562

4th Tuesdays of each month at from 2:00-3:00

Contact: Bill Ryan at ryanwilliam@gmail.com 608-334-7735

This program will be a half an hour meeting of support followed by a half an hour
dedicated to wellness. Topics may cover exercise, nutrition, and more with hands on
activities.

Middleton -Parkinson's exercise class

Harbor Wellness Studios, 2711 Allen Boulevard, Middleton, WI 53562

Parkinson's Fitness Plus Tuesdays at 9:00

PD Fit (in-person and online) Thursdays 11:30
Contact: 608-821-6501

Monona – Caregiver support group
Monona United Methodist Church, 606 Nichols Road, Monona, WI 53716
1st Wednesday at 2-4pm
Contact: Siv Goulding 608-839-3512 or jspfgould@gmail.com

Oregon – Parkinson’s exercise class
Oregon Area Senior Center, 219 Park Street, Oregon, WI 53575
Tuesdays at 10:45am
Instructor: Rachel Wosta
Fee: \$5 per class
Enroll through Stoughton Hospital 608-835-5373

Platteville – Parkinson’s support group
Southwest Health, Conference Room A, 1400 East Side Rd. 1st
Thursdays at 2pm
Contact: Nancy Olson nancyolson.olson3@gmail.com 608 732-7305

Sauk Prairie – Parkinson’s support group
St. John’s Luthern Church
3rd Monday at 1pm
Contact: Deb Fanta debrafanta@gmail.com 608-370-6143

Sun Prairie – PWR! Moves exercise group
Oakwood Village Prairie Ridge Village, 5565 Tancho Dr., Madison, WI, 53718
Tuesdays and Fridays at 1:00 p.m.
Contact: 608-230-4594

Stoughton – Parkinson’s exercise class
Stoughton Community Health and Wellness Center, 3162 County Rd B, Stoughton, 53589 Classes
go in cycles, call for more information
Contact: 608-877-3498

Stoughton – Support group
Stoughton Community Health & Wellness Center, 3162 County Rd B, Stoughton, 53589
Second Monday at 12:15
Contact: 608-877-3498

Tomah – Support Group
Tomah Health Conference Rooms 1 B/C, 501 Gopher Drive

First Tuesdays from 1:00-2:30

Contact: Whitney Sanjari wsanjari@tomahhealth.org or Kristen Gerke
kgerke@tomahhealth.org

Waunakee – Support group

Waunakee Senior Center 333 South Madison Street, Waunakee, WI 53597

3rd Thursday at 1:00 Feb-Oct

Contact: Candice Duffek 608-850-5877 cduffek@waunakee.com