



## Exercise classes for people with PD in San Francisco

### Research confirms that exercise slows the progression of Parkinson's disease

One of the most important things people with PD can do for themselves is exercise. You can choose from many different kinds of exercise like group classes or discover the transformative power of dance where the time flies by and your symptoms seem to disappear. By attending classes you strengthen our community so we help each other. All listings are subject to change.

Sally Swope, 11/13/19

	<b>Contact/address</b>	<b>Information</b>
<b>PD-Connect Exercise Classes</b>	Jennifer Broder Alex, PWR! Moves Certified. Large class, 30-40. She is enthusiastic and supportive. 628-777-5772 <a href="mailto:broderj@sutterhealth.org">broderj@sutterhealth.org</a>	Tues weekly, 11–12:15. Can sit in a chair or go at aerobic pace. No experience needed. Catch the rhythm of familiar music and have fun. Suggested \$18.
<b>BalanceFit</b>	<b>Bakar Fitness Center at UCSF</b> Mission Bay. 1675 Owens St. 415-476-4816. <a href="mailto:bakar.fitness@ucsf.edu">bakar.fitness@ucsf.edu</a>	Erica Pitsch, DPT. Fri 11 a.m. Must be ambulatory with or without a device; dance, martial arts, PWR! Moves. Call for day, time and fees.
<b>Stand Tall™</b>	Christian Mendoza, PT Rehab. <b>Bakar Fitness Center at UCSF</b> Mission Bay. 1675 Owens St. Classes Tues. 8:30–9:30 am	Kathy Bonacini, DPT. Must be ambulatory with or without a device. Call for appoint for test and fees. 415-514-4816. <a href="mailto:wellness@ptrehab.ucsf.edu">wellness@ptrehab.ucsf.edu</a> .
<b>Rock Steady Boxing</b>	<b>HitFit SF</b> 1150 Sutter Street. 2345 Harrison St. 415-410-3339. <b>3<sup>rd</sup> Street Gym</b> 2576 3rd St. at 22, 415-440-8269. <a href="mailto:rocksteadyboxingsf@gmail.com">rocksteadyboxingsf@gmail.com</a>	Learn boxing from real fighters. Call about days, times, fees, and scholarships available. PD fighters say it's a gym with friends. You get a lot of supervision.



## Modern Dance

Mark Morris Dance for PD® & PDSF Network. Combines contemporary, and impromptu to challenge dancers and control movements. Joe Goode Annex 401 Alabama at 17th. Easy parking.

1<sup>st</sup> and 3<sup>rd</sup> Sun., check dates. Led by Joe Goode's company dancers. Electronic music for all classes. Donation \$15. 415-824-8740. **Stay after class and schmooze.** [susu\\_tip@yahoo.com](mailto:susu_tip@yahoo.com)

## San Francisco Ballet

**SF Ballet and SF Kaiser.** Cecilia Beam leads both classes. Enthusiastic teacher Improves balance & coordination. Modeled after Dance for PD®. Dancers relax in boardroom after class to talk coming opportunities and what's new!

Wed. 2:00–3:15 and Sat. 3–4:15, Advance registration and 8-week Commitment to join. Live piano accompaniment. Call for dates. 455 Franklin St. 415-865-2000 [CBeam@sfballet.org](mailto:CBeam@sfballet.org)

## Alanzo King LINES Ballet

**Alonzo King LINE'S Dance Center.** Artistic director and internationally known choreographer. During summer he gave free classes at Grace Cathedral as artist-in-residence.

Free classes every Thurs. for people with PD. through Dec. 19, (except 11/28.) Dance Center at 26 7<sup>th</sup> St. 415-863-3040. [Mary.Carbinar@lines.org](mailto:Mary.Carbinar@lines.org).

## Tango

**SF VA Medical Center,** Bob Noakes instructor. Lessons and practice weekly. Couples and experience not needed. Thurs. nights. Free for Vets.

Building 7, Room 120, auditorium, 4150 Clement St. 4:30–5:30. Register before. 415-710-2144. [tangosgtribob@earthlink.net](mailto:tangosgtribob@earthlink.net)

## Yoga

Monika Patel, neurological PT & Tomomi Shibahashi since 2011. **Relaxing invigorating.** 548 Fillmore. St. *No experience needed.* [yogaforpd@gmail.com](mailto:yogaforpd@gmail.com).

Every Mon. 75-min class. Improves balance and mobility. Chairs and mats provided. \$18 fee. Care-partner must attend if walking is difficult and person needs help.

## Teacher

Jose Carlos Asencios. 152 Church Street in Lutheran Church. 415-240-5141.

Dance teacher. One class for beginners and intermediate PD Dancers Fridays. Noon-1:30.

## Teacher

Damien Opperisano.

Call 415-845-9204. \$35 hourly.

## Find a new class?

Send to: [sallysswope@gmail.com](mailto:sallysswope@gmail.com)

Online: [www.sashapress.com/Parkinson.html](http://www.sashapress.com/Parkinson.html)