



## Parkinson's Exercise Classes

The Parkinson Association of the Rockies is pleased to offer free, donation-based exercise classes throughout Colorado. To attend any class, it is required of you to fill out a liability waiver and have your neurologist fill out a medical consent form - these forms can be found online, or you can call our office and we will mail them to you.

**\*\*Please check classes online as they are updated periodically\*\***

For more information or to register: (303) 830-1839 | [Info@ParkinsonRockies.org](mailto:Info@ParkinsonRockies.org)

Yoga for Parkinson's	
<b>Mondays • 11:30-12:30</b> Community Recreation Center 6842 Wadsworth Blvd. Arvada <i>In-person</i>	<b>Tuesdays • 9:00 – 10:00am</b> Snap Fitness 279 S. Purcell Blvd., Pueblo <i>In-person</i>
<b>Tuesdays • 9:00 – 10:00am</b> <b>Fridays • 9:00 – 10:00pm</b> Movement Fusion/Yoga Greeley Active Adult Center 1010 6 <sup>th</sup> Ave., Greeley <i>Virtual</i>	<b>Wednesdays • 1:00 – 2:00pm</b> Lower Intensity/Chair Yoga Encompass Health 1001 W. Mineral Ave. Littleton, CO <i>In-Person</i>
<b>Wednesdays • 12:30-1:30</b> Scheitler Recreation Center 5031 W. 46th Ave., Denver <i>In-person</i>	<b>Thursdays • 10:30 – 11:30am</b> Integrative Medicine Center University of Colorado Hospital 3055 Roslyn St., Ste. 250, Central Park <i>Virtual</i>
<b>Thursdays • 8:00-9:00am</b> Higher Intensity Yoga Zoom <i>Virtual</i>	

Dance/Movement Classes for Parkinson's	
Rhythm and Grace: Dance for PD®	Moving Through Parkinson's
<b>Mondays • 11:00am – 12:15pm</b> Colorado Ballet 1075 Santa Fe Dr., Denver <i>Virtual</i>	<b>Mondays • 11:00am – 12:15pm</b> <b>Wednesdays • 2:15 – 3:30pm</b> CSU Columbine Health/Center for Healthy Aging 151 W. Lake St. Fort Collins <i>In-person AND Virtual</i>
<b>Tango Dance Class</b>	
<b>Tuesdays • 2:30 – 3:30pm</b> <b>Suggested to bring a partner</b> St Barnabas Episcopal Church 1280 Vine St., Denver <i>In-person</i>	

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## Circuit Training for Parkinson's

HIIT Cardio & Circuit	PWR Bootcamp Basics
<b>Mondays • 10:00 – 11:00am</b> MUST contact office before attending 303.830.1839 Colorado Springs <i>In-person</i>	<b>Mondays • 11:15am – 12:00pm</b> MUST contact office before attending 303.830.1839 Colorado Springs <i>In-person</i>
Strength & Balance	Young Onset HIIT for PD
<b>Mondays • 1:00 – 2:00pm</b> <b>Wednesdays • 1:00 – 2:00pm</b> MUST contact office before attending 303.830.1839 Centennial, CO <i>In-person</i>	<b>Mondays • 5:30-6:30pm</b> Martin Luther King Jr. Recreation Center 3880 Newport St. Denver <i>In-person</i>
Circuit Training for PD	Restorative Moves: Low Intensity
<b>Tuesdays • 11:30am – 12:30pm</b> Kelly Performance and Wellness 10835 Dover St., Ste. 1300, Westminster <i>In-person</i>	<b>Tuesdays • 11:30am-12:30pm</b> Fort Collins, CO <i>Virtual</i>
Step and Connect: Balance and Circuit Training	
<b>Tuesdays • 10:00 – 11:00am</b> <b>Thursdays • 10:00 – 11:00am</b> Titanium Fitness Gym 5700 W. 25 <sup>th</sup> Ave., Denver <i>Virtual</i>	
PWR! Moves	
<b>Mondays • 1:00pm – 2:00pm</b> REM Center Centennial 8150 S. University Blvd., Centennial <i>Virtual</i>	<b>Wednesdays • 1:00pm – 2:00pm</b> REM Center Aurora 12500 E. Iliff Ave., Ste. 300, Aurora <i>In-person</i>
<b>Thursdays • 12:00-1:00pm</b> Frisco Senior and Community Center 83 Nancy's Place, Frisco, CO 80443 8-week program, contact PAR office for dates <i>In-person</i>	

## BIG For LIFE

<b>Tuesdays • 12:00-1:00pm (social time-1:00-1:30)</b> Wheat Ridge, CO MUST contact office before attending <a href="mailto:jbannon12@hotmail.com">jbannon12@hotmail.com</a> <i>In-person</i>
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## Voice Classes for Parkinson's

### LOUD for Life: Voice Class for LSVT Loud Graduates

**Mondays • 1:30 – 2:30pm**  
 Centennial, CO  
 Call (520) 444-0618 for more information  
*Virtual*

#### Speaking Communication Class

**Tuesdays • 3:00-4:00pm**  
**Wednesdays • 3:00-4:00pm**  
 Castle Rock, CO Must contact office before attending  
*Virtual*

#### Tremble Clefs

**Wednesdays • 11:00am – Noon**  
 \*Meets every other Wednesday\*  
 Frasier Meadows Boulder  
 Call PAR at (303) 830-1839 for more information  
*In-person*  
**Starting March 22nd**

**Thursdays • 1:00 – 2:00pm**  
 Moved by Music  
 Zoom Class  
*Virtual*

### PAR for the Course: Exercise, Balance and Strength Classes

*High Intensity: for individuals early in their diagnosis of Parkinson's disease*

*Low Intensity: for individuals who need assistance with mobility*

**Mondays • 8:45 – 9:45am**  
 Zoom Class  
*Virtual*

**Mondays • 10:00-11:00**  
 Highlands United Methodist Church  
 3131 Osceola St., Fellowship Hall, Denver  
*In-person*

**Tuesdays**  
 12:15 – 1:15pm  
 Schlessman YMCA  
 3901 E. Yale Ave., Denver  
*In-person*

**Wednesdays • 2:00 – 3:00pm, Low Intensity**  
 Southwest YMCA  
 5181 W Kenyon Ave., Denver  
*In-person*

**Fridays • 12:00 - 1:00pm**  
 Zoom Class  
*Virtual*

### Pilates, Tai Chi, and Qigong

#### Pilates for Parkinson's

**Wednesdays • 10:00 – 11:00am**  
 Red Pilates Garage  
 6930 E. 4<sup>th</sup> Ave.  
 Denver, CO 80220  
*In-person*

#### Rehabilitative Qigong and Tai Chi

**Wednesdays**  
 9:45-10:45 **Beginner's Class** *On Hiatus*  
 11:00-Noon **Intermediate Class**  
 MUST contact office before attending  
 303.830.1839  
 Fort Collins  
*Virtual*

#### Tai Chi

**Tuesdays • 9:00-10:00am**  
**Thursdays • 9:00-10:00am**  
 Central Park Recreation Center  
 9651 E. MLK Blvd  
 Denver, CO 80238  
*In-person*

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## Water Aerobics for PD

**Tuesdays • 12:15-1:15pm**

Jewish Community Center  
350 S Dahlia St.  
Denver, CO 80246  
*In-person*

**Fridays • 11:00am-12:00pm**

Louisville Balfour Retirement Center  
1855 Plaza Dr.  
Louisville, CO 80027  
*In-person*

## Power Punch Parkinson's: Non-Contact Boxing

**Mondays • 10:00 - 11:00am**

Edward's Mountain Star Building  
0429 Edwards Access Rd, A205  
Edwards, CO 81632  
*In-Person*

**Mondays • 11:00am - Noon**

*In-person*  
**Fridays • 11:00am – Noon**  
*In-person*  
TITLE Boxing Club  
4360 S. College Ave., Fort Collins

**Tuesdays • 3:00 - 4:00pm**

UFC Highlands Ranch  
7824 Park Meadows Dr., Lone Tree  
*In--person*

**Tuesdays • 1:00-2:00pm**

APEX Fitzmorris Recreation Center  
6340 Independence St., Arvada  
*In-person*

**Tuesdays**

10:00 – 11:00am  
11:15am –12:15pm  
Fitness Partners Colorado  
Denver  
*Virtual*

**Tuesdays • 9:45 – 10:45am**

**Wednesdays • 9:45 – 10:45am**  
EPA (Elite Performance Academy)  
62 County Highway 113  
Carbondale, CO  
*In-person*

**Wednesdays • 9:30 – 10:30am**

**Saturdays • 9:00-10:30am**  
Denver Red Shield  
2915 High St., Denver  
*In-person*

**Wednesdays • 1:30-2:30**

(Power Punch and Circuit Training)  
13801 E Yale Ave, Aurora, CO 80014  
*In-person*

**Thursdays • 4:00pm – 5:00pm**

Max Capacity at MACS Studio  
525 E. Fountain Blvd., Ste. 150, Colorado Springs  
Contact office at 303-830-1839 before attending  
first class  
*In-person*

**Thursdays • 10:00 – 11:00am**

Midland Fitness  
100 Midland Ave., Glenwood Springs  
*In-person*

**Tuesdays • 10:30 – 11:30am**

**Thursdays • 10:30 – 11:30am**  
TITLE Boxing Littleton Square  
40 W. Littleton Blvd., #212, Littleton  
*In-person and Virtual*

**Tuesdays • 4:00– 5:00pm**

**Thursdays • 3:30-4:30**  
Grinders Fitness  
455 W. 115<sup>th</sup> Ave. Unit #4, Northglenn  
*In-person*

**Tuesdays • 3:00pm-4:00pm – Starting 3/28/23**

Rocky Mountain Self Defense & Fitness  
780 Kinner St. Unit #1 Castle Rock, CO 80109  
**Thursdays • 3:00pm-4:00pm**  
Castle Rock Community Rec Center  
2301 Woodlands Blvd, Castle Rock, CO 80104  
*In-person*

**Fridays • 9:00 – 10:00am**

Eagleridge Fitness  
4710 Eagleridge Cir., Pueblo  
*In-person*

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## Satellite Community Exercise Classes

### Durango – These classes are sponsored by a Davis Phinney Grant

<p><b>Mondays • 11:00am-Noon, Low Intensity</b>                  Mercy Sports Center                  327 S. Camino Del Rio Durango, Co  <i>In-person</i></p>	<p><b>Wednesdays • 11:00am-Noon, High Intensity</b>                  Mercy Sports Center                  327 S. Camino Del Rio Durango, Co  <i>In-person</i></p>
<p><b>Tuesdays • 11:00am – Noon, Yoga</b>                  Heart and Core Yoga Studio                  720 E. Main St, Cortez, CO, 83121  <i>In-person</i></p>	<p><b>Thursdays • 11:00am – Noon, No-Contact Boxing</b>                  The Good Fight                  835 Main Ave Suite 209 Durango, CO, 8130  <i>In-person</i></p>
<p><b>Tuesdays • 10:30am-11:30am, Yoga</b>                  The Good Fight                  835 Main Ave Suite 209 Durango, CO, 8130  <i>In-person</i></p>	

### Yampa Valley Parkinson's Support Group Network (YVPSN)

<p><b>YVPSN – Finding Your Voice</b>  <b>Monday • 9:00am</b>                  Host: Romana May  <a href="http://room.presencelearning.com/ramona.may">room.presencelearning.com/ramona.may</a>  <i>Virtual</i></p>	<p><b>YVPSN – Power Punch Parkinson's Boxing</b>  <b>Saturdays • 9:00 - 10:00am</b>                  Kinetic Energy PT, 1585 Mid Valley Dr #3. Park in the back of the building and enter through the yellow door, and via Zoom.  <i>In-person AND Virtual</i></p>
<p><b>YVPSN – Moving Through Parkinson's</b>  <b>Tuesdays • 9:30 – 10:30am</b>                  Location: contact PAR office for location  <i>In-person</i></p>	<p><b>YVPSN- Aquatic Aerobic Class</b>  <b>Sundays • 10:00am</b>                  Old Town Hot Springs Pool                  136 Lincoln Ave., Steamboat Springs  <i>In-Person</i>  <i>Held the 1<sup>st</sup> &amp; 4<sup>th</sup> Sunday of each month</i>  <b><i>On Hiatus Until Spring</i></b></p>
<p><b>YVPSN- Yoga Class</b>  <b>Thursdays • 11:00am – 12:00pm</b>                  Heart of Steamboat Methodist Church                  736 Oak St., Steamboat Springs  <i>In-person AND Virtual</i></p>	<p><b>YVPSN - Skiing</b>  <b>Wednesday</b> around 11:00am                  Haymaker Nordic Center                  Please contact the center for day, time, and to rent gear if needed.                  Haymaker Nordic Center (970) 879-9444</p>

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### Grand Junction

**Dance**  
**Tuesdays • 10:00am-11:00am**  
**Absolute Dance**  
2460 Patterson Rd Ste #5, Grand Junction, CO  
81505  
*In-person*

### Wyoming

**Power Punch**  
**Mondays • 10:00am-11:00am**  
Arena Training Institute. Cheyenne, WY  
*In-Person*

**Parkinson's Exercise Group**  
**Tuesdays • 12:00-1:00pm**  
Rocky Mountain Therapy  
2546 E. 2<sup>nd</sup> St.  
Casper, WY 82609  
*In-Person*

**Power Punch**  
**Wednesdays • Noon-1:00pm**  
Teton Therapy, Lander Wyoming  
*In-Person*

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