



A resource from PCLA – updated March 2019

# PARKINSON'S EXERCISE CLASSES IN LOS ANGELES COUNTY AND ONLINE

---

*This list is compiled by PCLA as a community service. Inclusion does not imply endorsement. Class availability changes; please reach out before attending a class to confirm details.*

## AGOURA HILLS

### **Neuroboxing**

Schedule available online: [www.neuroboxing.org](http://www.neuroboxing.org)  
Gym locations in Agoura Hills and Woodland Hills  
Location: Agoura Fitness, 28716 Roadside Dr.  
Agoura Hills, 91301  
Email: [info@neuroboxing.org](mailto:info@neuroboxing.org)  
Tel: (805) 225-7511

## BEVERLY HILLS

### **Dancing Through Parkinson's, by Invertigo Dance Theatre, at the Annenberg Center**

Tuesdays, 11:30am–12:30pm  
Cost: *by donation*  
Location: 9390 N. Santa Monica Blvd, BH 90210  
Website: [www.invertigodance.org/dtp](http://www.invertigodance.org/dtp)  
Email: [dancepd@invertigodance.org](mailto:dancepd@invertigodance.org)  
Tel: (424) 229-2141

## BOYLE HEIGHTS/DOWNTOWN LA

### **Dancing Through Parkinson's, by Invertigo Dance Theatre**

First Tuesdays, 11 am–12 pm  
Cost: *by donation*  
Location: 3540 N Mission Rd, Los Angeles 90031  
Website: [www.invertigodance.org/dtp](http://www.invertigodance.org/dtp)  
Email: [dancepd@invertigodance.org](mailto:dancepd@invertigodance.org)  
Tel: (424) 229-2141

## BRENTWOOD

### **Stop PD / Boxing for PD – LA**

Contact to schedule an assessment  
Location: Box N Burn LA, 11980 San Vicente Blvd.  
#106, Los Angeles 90049  
Website: <https://stop-pd.org/boxing/>  
Email: [suzanne@stop-pd.org](mailto:suzanne@stop-pd.org)

## CHATSWORTH

### **Rock Steady Boxing Chatsworth**

Contact for class times and assessment information  
Location: 20812 Lassen Street, Chatsworth 91311  
Website: <http://chatsworth.rsbaaffiliate.com>  
Email: [chatsworth@rsbaaffiliate.com](mailto:chatsworth@rsbaaffiliate.com)  
Tel: (818) 773-1747

## CULVER CITY

### **Dancing Through Parkinson's, by Invertigo Dance Theatre**

Thursdays, 1:30pm–2:30pm  
Cost: *by donation; no YMCA membership required*  
Location: Culver-Palms YMCA, 4500 Sepulveda  
Blvd, Culver City 90230  
Website: [www.invertigodance.org/dtp](http://www.invertigodance.org/dtp)  
Email: [dancepd@invertigodance.org](mailto:dancepd@invertigodance.org)  
Tel: (424) 229-2141

## LONG BEACH

### **Recreation Fitness**

PD Fit Classes Mon/Wed 2pm and Tue/Thur 12 pm  
Cost: *\$165 for 4 weeks*  
Also offering personal training for PD  
Location: 4234 Atlantic Ave, Long Beach, 90807  
Website: <http://recreationfitness.com>  
Tel: (562) 243-2221

### **Rock Steady Boxing: Kaizen Long Beach**

Classes Mon, Wed & Fri, 10:45 am–12:15 pm  
Location: Kick It Up Dance Studio, 8129 E.  
Wardlow Rd., Long Beach 90808  
Website: <http://kaizenlongbeach.rsbaaffiliate.com>  
Email: [kaizenlongbeach@rsbaaffiliate.com](mailto:kaizenlongbeach@rsbaaffiliate.com)  
Tel: (626) 301-9212

*continued on next page*

LONG BEACH, continued

**Samantha McGowan - Yoga for PD classes**

PWRfit! Yoga classes in Long Beach

Email: [samantha@recreationfitness.com](mailto:samantha@recreationfitness.com)

Tel: (206) 819-2548

LOS ANGELES

**SmartXPD Parkinson's Exercise Class by Patrick LoSasso**

Classes Wed and Fri, 10:30–11:30 am

Location: Westside Jewish Community Center

5870 W. Olympic Blvd., LA 90036

Cost: \$3 per student; free for Center members

Email: [patrick@patricklosasso.com](mailto:patrick@patricklosasso.com)

Tel: (323) 422-9794

**P.L.L.U.S (Parkinson's Learning, Lifelong Useful Skills) Exercise Class**

Mon, Wed, and Fri, 11:15 am–12:15 pm

Location: Westside Family YMCA, 731 S Bundy

Drive, LA 90049 (class is free for YMCA members)

Tel: (310) 477-1511

**Re+Active Physical Therapy**

Boxing, cardio, and yoga for PD; fitness workshops

Location: 11500 W. Olympic Blvd, #415, LA 90064

Website: [www.reactivept.com](http://www.reactivept.com)

Email: [info@re-activept.com](mailto:info@re-activept.com)

Tel: (424) 225-1845

MONROVIA

**Rock Steady Boxing Kaizen Monrovia**

Contact for class times and assessment information

Location: 135 E Chestnut Ave #12, Monrovia 91016

Website: <http://kaizenmonrovia.rsbaaffiliate.com>

Email: [kaizenmonrovia@rsbaaffiliate.com](mailto:kaizenmonrovia@rsbaaffiliate.com)

Tel: (626) 301-9212

PACIFIC PALISADES

**Rock Steady Boxing Los Angeles**

Classes Tues, Thur, and Fri, 11:30 am–12:20 pm

Location: Gerry Blanck's Martial Arts, 881 Alma

Real Dr. #T-14, Pacific Palisades, 90272

Website: [www.rocksteadyboxingla.com](http://www.rocksteadyboxingla.com)

Email: [losangeles@rsbaaffiliate.com](mailto:losangeles@rsbaaffiliate.com)

Tel: (805) 991-2970

PASADENA

**InCourage Physical Therapy**

Fitness classes and physical therapy for PD

Visit site or contact for current class offerings

Location: 2693 E. Washington Blvd, Pasadena 91107

Website: [www.incouragept.com](http://www.incouragept.com)

Email: [info@incouragept.com](mailto:info@incouragept.com)

Tel: (626) 722-8032

**Lineage Dance Company**

Weekly movement, dance, acting, and voice, classes for Parkinson's. Visit site for current schedule.

\$15 per class / \$78 for six class series

Location: The First United Methodist Church

500 E. Colorado Blvd, Pasadena CA 91105

Website: [www.lineagepac.org/classes](http://www.lineagepac.org/classes)

Email: [lineagedance@gmail.com](mailto:lineagedance@gmail.com)

Tel: (626) 844-7008

**Rock Steady Boxing**

Contact for class times and assessment information

Location: Title Boxing Club Old Pasadena, 87

Fraser Alley, Pasadena 91105

Website: <http://tbcoldpasadena.rsbaaffiliate.com>

Email: [tbcoldpasadena@rsbaaffiliate.com](mailto:tbcoldpasadena@rsbaaffiliate.com)

Tel: (626) 340-2500

SANTA MONICA

**Stop PD Boxing for PD**

Classes Tuesdays & Thursdays, 12:30–1:30 pm

Contact to schedule an assessment

Location: Box N Burn, 1654 Lincoln Blvd, LA 90404

Website: <https://stop-pd.org/boxing/>

Email: [suzanne@stop-pd.org](mailto:suzanne@stop-pd.org)

TARZANA

**Dancing Through Parkinson's, by Invertigo Dance Theatre, at LA Star Dance Studio**

Tuesdays, 1:30–2:30pm

Cost: by donation

Location: 19320 Ventura Blvd., Tarzana 91356

Website: [www.invertigodance.org/dtp](http://www.invertigodance.org/dtp)

Email: [dancepd@invertigodance.org](mailto:dancepd@invertigodance.org)

Tel: (424) 229-2141

*continued on next page*

## TORRANCE

### **Re+Active Physical Therapy**

Movement, boxing, cardio fitness, and yoga classes for PD; fitness workshops

Contact or visit website for current class schedule

Location: 3848 W. Carson St #110, Torrance 90503

Website: [www.reactivept.com](http://www.reactivept.com)

Email: [info@re-activept.com](mailto:info@re-activept.com)

Tel: (424) 488-3191

## VAN NUYS

### **Rock Steady Boxing San Fernando Valley**

Classes at two levels meeting Tuesday and Thursday at 11am, and Fridays at 12pm

Contact to schedule a tour and free class

Location: 17228 Saticoy St, Van Nuys, 91406

Website: [www.sfvalley.rsbaaffiliate.com](http://www.sfvalley.rsbaaffiliate.com)

Email: [sfvalley@rsbaaffiliate.com](mailto:sfvalley@rsbaaffiliate.com)

Tel: (818) 916-7087

## VENICE

### **Dancing Through Parkinson's, by Invertigo Dance Theatre**

Mondays, 1:30–2:30 pm; Cost: by donation

Location: Electric Lodge Dance Studio, 1416

Electric Avenue, Venice 90291

Website: [www.invertigodance.org/dtp](http://www.invertigodance.org/dtp)

Email: [dancepd@invertigodance.org](mailto:dancepd@invertigodance.org)

Tel: (424) 229-2141

## WOODLAND HILLS

### **Neuroboxing**

Schedule of classes online: [www.neuroboxing.org](http://www.neuroboxing.org)

Location: Tap Out Fitness, 21720 Ventura Blvd,

Woodland Hills, 91364

Website: [www.neuroboxing.org](http://www.neuroboxing.org)

Email: [info@neuroboxing.org](mailto:info@neuroboxing.org)

Tel: (805) 225-7511

**Questions about living with Parkinson's?  
Looking for local resources?**

**The PCLA Information Line will help!**

(310) 880-3143 or

[info@parkinsonscommunityla.org](mailto:info@parkinsonscommunityla.org)

## **ONLINE EXERCISE CLASSES FOR PARKINSON'S**

For those without in-person exercise classes available near home, there options for online exercise and classes that can be done from home.

### ***Boot Camp for Parkinson's***

A 60-minute exercise video from the Brian Grant Foundation. Website:

[briangrant.org/parkinsonsexercisevideos/](http://briangrant.org/parkinsonsexercisevideos/)

### ***Move It! Parkinson's exercise class***

A live-streamed exercise class, offered three times a week, from the Parkinson & Movement Disorder Alliance. Registration and waiver form are required to participate. Website:

[www.pmdalliance.org/online-programs/move-it/](http://www.pmdalliance.org/online-programs/move-it/)

### ***Parkinson's Exercise Essentials: Getting Started, Staying Motivated, Seeing Results***

A five-part online video series from the Davis Phinney Foundation for Parkinson's.

Email registration required to access. Website:

[www.davisphinneyfoundation.org/resources/parkinsons-exercise-essentials/](http://www.davisphinneyfoundation.org/resources/parkinsons-exercise-essentials/)

### ***SmartXPD – Exercise for Parkinson's***

Online PD exercise videos from Certified Strength and Conditioning Specialist Patrick LoSasso. Topics covered include improving function, strength and flexibility, cardiovascular exercise, and more.

Website: <http://www.smartxpd.com/videos-on-parkinsons-exercise/>

### ***Stanford's list of Parkinson's exercise***

**videos.** Includes online options as well as DVDs and videos for home use. Website:

[parkinsons.stanford.edu/exercise\\_videos.html](http://parkinsons.stanford.edu/exercise_videos.html)

### ***Feldenkrais Method and Yoga for PD***

Live-streamed classes from the Northwest Parkinson's Foundation. Classes held weekly.

Registration is required to participate. Website:

[nwpf.org/participate/parkinsons-live-online-programs/](http://nwpf.org/participate/parkinsons-live-online-programs/)