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## Minnesota Wellness Programs by City

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*We do our best to maintain a current list, but we advise that you call the number prior to attending to ensure the group is still active. Unless otherwise specified, these listings are independent and unaffiliated with the Parkinson's Foundation.*

*\*An asterisk denotes a program funded by a [Parkinson's Foundation Community Grant](#).*

<a href="#"><u>Alexandria</u></a>	<a href="#"><u>Park Rapids</u></a>
<a href="#"><u>Brainerd</u></a>	<a href="#"><u>Red Wing</u></a>
<a href="#"><u>Cambridge</u></a>	<a href="#"><u>Rochester</u></a>
<a href="#"><u>Duluth</u></a>	<a href="#"><u>Shakopee</u></a>
<a href="#"><u>Eagan</u></a>	<a href="#"><u>St. Cloud</u></a>
<a href="#"><u>Eden Prairie</u></a>	<a href="#"><u>St. Louis Park</u></a>
<a href="#"><u>Golden Valley</u></a>	<a href="#"><u>St. Paul</u></a>
<a href="#"><u>Lakeville</u></a>	<a href="#"><u>St. Peter</u></a>
<a href="#"><u>Mankato</u></a>	<a href="#"><u>Wilmar</u></a>
<a href="#"><u>Marshall</u></a>	<a href="#"><u>Winona</u></a>
<a href="#"><u>Minneapolis</u></a>	<a href="#"><u>Woodbury</u></a>
<a href="#"><u>Monticello</u></a>	<a href="#"><u>Virtual</u></a>
	<a href="#"><u>Various Locations</u></a>

If you would like to be added to this list, or if the details of your program need to be updated, please contact us by emailing [minnesotadakotas@parkinson.org](mailto:minnesotadakotas@parkinson.org).

August 2023



## Minnesota Wellness Programs

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

### ALEXANDRIA

#### **Rock Steady Boxing, Nelson Wellness Center**

*Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.*

**Location:** Alexandria, MN

**Fee:** Yes

For more information, call 320-335-6635

#### **Nelson Wellness Center, Neuro-Fit Challenge**

*Must have an assessment before starting class.*

**Location:** Alexandria, MN 56308

**Fee:** Yes

For more information, call 320-335-6635

Link to website [here](#).

### BRainerd

#### **Rock Steady Boxing, TakeDown Gym**

*Rock Steady Boxing (RSB) was founded in Indianapolis in 2006 by former Marion County Prosecutor Scott C. Newman, who is living with Parkinson's. RSB is a non-contact boxing-based fitness curriculum.*

**Location:** Brainerd, MN 56401

**Fee:** Yes

For more information, contact Joe Ciardelli at 218-454-1770.

#### **Essentia Health – St. Joseph's Medical Center, The LOUD Crowd**

**Location:** Brainerd, MN 56401 - *Meeting in-person and online*

**Fee:** *Free for those that have completed speech therapy*

For more information, contact Kari Johnson at 218-828-7375.

### CAMBRIDGE

#### **Rock Steady Boxing**

**Location:** Cambridge, MN

**Fee:** Yes

For more information, contact KC at 763-221-6883 or [cambridge@rsbaffiliate.com](mailto:cambridge@rsbaffiliate.com)



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### DULUTH

#### **Parkinson's Dance Studio** (updated May 2023)

*A fun weekly dance class for people with Parkinson's and their friends and family. Class is based on the Dance for PD program.*

**Location:** Duluth, MN 55812

For more information, contact Jessica Roeder at 218-727-8286 or [jaroeder2@gmail.com](mailto:jaroeder2@gmail.com).

Link to website [here](#).

#### **Yoga North** (updated September 2024)

*Provides yoga classes and workshops in a variety of styles.*

**Location:** Duluth, MN 55802

For more information, contact the studio at 218-722-9642 or [info@yoganorthduluth.com](mailto:info@yoganorthduluth.com).

Link to website [here](#).

#### **Northland Adaptive Recreation** (updated September 2024)

*Offers adaptive recreation program for people with disabilities. Join their mission to empower and celebrate every individual's chance to feel whole, active, and included.*

**Location:** Duluth, MN 55805

For more information, contact them at [infoNAR@mdfoundation.org](mailto:infoNAR@mdfoundation.org)

Link to website [here](#).

### EAGAN

#### **Rock Steady Boxing, The Commons on Marice** (updated May 2023)

**Location:** Eagan, MN 55121 - Meeting in-person

**Fee:** Yes

For more information, contact Jeffrey Rank at [Jeffrey.Rank@commonsonmarice.org](mailto:Jeffrey.Rank@commonsonmarice.org), or (651) 688-9999.

Link to Website [here](#).

### EDEN PRAIRIE

#### **\*Get Living with Parkinson's, City of Eden Prairie** (updated August 2024)

*Get Living with Parkinson's promotes physical, mental, emotional and social health to people with Parkinson's and their care partners, supporting each participant as a whole person. Our small group fitness classes offer physical and cognitive exercises designed to increase and improve range of movement, flexibility, balance, posture, strength, agility and gait. Our educational aspects, elements of play, off-site recreation and time for socialization and relationship-building provides our participants with a well-rounded experience.*

**Location:** Eden Prairie, MN – Meeting in-person

**Fee:** None

*This listing is provided for informational purposes only. Call our Helpline: 1-800-4PD-INFO (473-4636)*

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For more information, contact Megan Munoz at [mmunoz@edenprairie.org](mailto:mmunoz@edenprairie.org).  
Link to Website [here](#).

## GOLDEN VALLEY

### **Chair Yoga, Struthers Parkinson's Center**

Intensity Level: Light

Gentle stretches and poses done while seated in a chair with attention to posture and breathing.

**Location:** Golden Valley, MN 55427

**Fee:** Yes

For more information, contact Jessica at [Jessica.buss@parknicollet.com](mailto:Jessica.buss@parknicollet.com) or 952-993-5495

Link to Website [here](#).

### **Movement Boosters, Struthers Parkinson's Center**

Intensity Level: Moderate

Comprehensive exercise class designed to work on increased strength, flexibility, balance and agility

**Location:** Golden Valley, MN 55427

**Fee:** Yes

For more information, contact Jessica at [Jessica.buss@parknicollet.com](mailto:Jessica.buss@parknicollet.com) or 952-993-5495

Link to Website [here](#).

### **PWR! (Parkinson's Wellness Recovery), Struthers Parkinson's Center**

Intensity Level: High

Class uses large, whole-body movement; based on principles of Parkinson Wellness Recovery (PWR!). Activities will be taught in routine or circuit format

**Location:** Golden Valley, MN 55427

**Fee:** Yes

For more information, contact Jessica at [Jessica.buss@parknicollet.com](mailto:Jessica.buss@parknicollet.com) or 952-993-5495

Link to Website [here](#).

### **Tai Ji Quan Class Struthers Parkinson's Center**

Intensity Level: Moderate

Looking to improve your stability, strength, and flexibility? Join us for new 12-week course to improve your balance and reduce risk of falls: Tai Ji Quan: Moving for Better Balance.

**Location:** Golden Valley, MN 55427

**Fee:** \$10/class (\$240 per participant)

For more information, contact Laura at [laura.deshotels@parknicollet.com](mailto:laura.deshotels@parknicollet.com) or 952-993-0118

## LAKEVILLE

### **TITLE Boxing Club, Knockout Parkinson's**

**Location:** Lakeville, MN 56001 – Meeting in-person and online

**Fee:** No

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For more information, contact Tate Wheeler at 952-300-6800  
Link to Website [here](#).

## MANKATO

### **VINE Parkinson's Powerful Principles**

**Location:** Mankato, MN 55044 – *Meeting in-person*

**Fee:** Yes

For more information, contact VINE Adult Community Center at 507-386-5586

Link to Website [here](#).

### **SPEAK OUT! Therapy Program and Groups**

**Location:** Mankato, MN 55044 – *Meeting in-person and online*

**Fee:** No

For more information, contact Kristin Berndt at 507-389-1543 or [Kristin.berndt@mnsu.edu](mailto:Kristin.berndt@mnsu.edu)

Link to Website [here](#).

## MAPLEWOOD

### **Maplewood Parkinson's Exercise Class** *(updated May 2023)*

**Location:** Maplewood, MN 55109 – *Meeting in-person*

**Fee:** Yes

For more information, contact Margie Kron at 651-326-3629 or [Margie.Kron@fairview.org](mailto:Margie.Kron@fairview.org)

## MARSHALL

### **Barberry Health, Rock Steady Boxing** *(updated May 2023)*

**Location:** Marshall, MN 56258

**Fee:** Yes

For more information, contact Joy Boerboom at 507-532-3273 or [joy@barberryhealth.com](mailto:joy@barberryhealth.com).

## MINNEAPOLIS

### **YMCA of the North: Pedaling for Parkinson's, Young Men's Christian Association of the Greater Twin Cities**

**Location:** Minneapolis, MN

For more information, contact Kate Ray at [kate.ray@ymcamn.org](mailto:kate.ray@ymcamn.org).

Link to website [here](#).

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### MONTICELLO

#### **Fitness Evolution, Rock Steady Boxing**

**Location:** Monticello, MN 55362

For more information, contact Lyssa Lovejoy at 763-295-3002 or [Lyssa.lovejoy@fitnessevolution.com](mailto:Lyssa.lovejoy@fitnessevolution.com).

#### **Big Lake Support Group and Nordic Walking Queen, Nordic Walking at Montisippi Regional Park**

*Poles provided for use during the walk.*

**Location:** Monticello, MN

For more information, contact Linda Lemke at 952-475-0891 or [lindamlemke@gmail.com](mailto:lindamlemke@gmail.com).

### PARK RAPIDS

#### **CHI St. Joe's Hospital, Rock Steady Boxing**

**Location:** Park Rapids, MN 56470

**Fee:** Yes

For more information, contact Alicia Reardon at 218-616-3008 or [Aliciareardon@catholichealth.net](mailto:Aliciareardon@catholichealth.net).

#### **CHI St. Joe's Hospital, Parkinson's Exercise Class**

**Location:** Park Rapids, MN 56470

For more information, contact Alicia Reardon at 218-616-3008 or [Aliciareardon@catholichealth.net](mailto:Aliciareardon@catholichealth.net).  
Link to website [here](#).

### RED WING

#### **Underground Boxing Fitness Club, Rock Steady Boxing**

**Location:** Red Wing, MN 55066

**Fee:** Yes

For more information, contact Stephanie Binner at 651-327-2660 or [redwing@rsbaffiliate.com](mailto:redwing@rsbaffiliate.com).  
Link to website [here](#).

### ROCHESTER

#### **125LIVE Rock Steady Boxing**

**Location:** Rochester, MN 55901 - *Meeting in-person*

**Fee:** Yes

For more information, contact Ken Baerg at 507-287-1404 or [125live@rsbaffiliate.com](mailto:125live@rsbaffiliate.com).  
Link to website [here](#).

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### **125LIVE's PWR! Moves: Improved Neurological Function**

**Location:** Rochester, MN 55901 - *Meeting in-person*

**Fee:** Yes

For more information, contact Ken Baerg at 507-287-1404 or [info@125liveMN.org](mailto:info@125liveMN.org)

Link to website [here](#).

### **Living a Healthy Life with Parkinson's Disease: A Wellness Intervention Series for People Living with Parkinson's Disease and their Care Partners, Exercisabilities, Inc**

**Location:** Rochester, MN

For more information contact Melanie Brennan [melanie@exercisabilities.org](mailto:melanie@exercisabilities.org).

Link to website [here](#).

## ROSEVILLE

### **The Cellar Gym**

**Location:** Roseville, MN 55113 - *Meeting in-person*

**Fee:** Yes

For more information, contact Kirsten Olson at 612-355-2259 or [kirsten@thecellargym.com](mailto:kirsten@thecellargym.com)

## SHAKOPEE

### **Parkinson's Functional Exercise**

*This class is designed for people with Parkinson's, but anyone who needs help with mobility and balance is welcome to join. This class can help to reduce stiffness, regain mobility, improve balance and posture, and strengthen muscles.*

**Location:** Shakopee, MN 55379 – *Meeting in-person*

For more information, contact Kelsey Theis at 952-233-9515 or [ktheis@shakopeemn.gov](mailto:ktheis@shakopeemn.gov)

Link to website [here](#).

## ST. CLOUD

### **St Cloud Parkinson's Support Group and Nordic Walking Queen, Nordic Walking at Lake George Park**

*Poles provided for use during the walk*

**Location:** St. Cloud, MN

For more information, contact Linda Lemke at 952-475-0891 or [lindamlemke@gmail.com](mailto:lindamlemke@gmail.com).

### **St Cloud Rock Steady Boxing**

**Location:** St. Cloud, MN

For more information, contact Scott Kelm at 320-654-0202 or [kelm56301@aol.com](mailto:kelm56301@aol.com)

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## ST. LOUIS PARK

### **The Bike Shack – Pedal & Roll for Parkinson's**

**Location:** St. Louis Park 55416

**Fee:** Suggested donations

For more information, contact 612-547-6650 or [info@pedalandroll.org](mailto:info@pedalandroll.org).

### **Personal Training** (updated May 2023)

*Specialized in Parkinson's Disease, certified through Delay the Disease, the Functional Aging Institute, a Certified Brain Health Trainer and more.*

**Location:** St. Louis Park, MN 55426

**Fee:** Yes

For more information, contact Heidi Weinberg at 612-360-7479 or [weinbergheidi@gmail.com](mailto:weinbergheidi@gmail.com).

## ST. PAUL

### **Element Gym & YWCA, Rock Steady Boxing**

**Location:** St. Paul, MN 55104

**Fee:** Yes

For more information, contact 612-293-6539.

Link to website [here](#).

### **Struthers St. Paul - Health Partners Neuroscience Center - NeuroWell - Low and Moderate VIRTUAL Intensity Class**

*Individualized and group exercise classes for people with Parkinson Disease*

**Fee:** Yes

For more information, contact 651-495-6704 or [neurowell@healthpartners.com](mailto:neurowell@healthpartners.com).

Link to website [here](#).

### **Struthers St. Paul - Health Partners Neuroscience Center - NeuroWell –High Intensity VIRTUAL Class**

*Offered 2x/week*

**Location:** St. Paul, MN 55427

**Fee:** Yes

For more information, contact 651-495-6704 or [neurowell@healthpartners.com](mailto:neurowell@healthpartners.com).

Link to website [here](#).

### **Struthers St. Paul - Health Partners Neuroscience Center - NeuroWell –High Intensity IN-PERSON Class**

*Offered 2x/week*

**Location:** St. Paul, MN 55427

**Fee:** Yes

For more information, contact 651-495-6704 or [neurowell@healthpartners.com](mailto:neurowell@healthpartners.com).

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### ST. PETER

#### **Rock Steady Boxing Rivers Edge**

**Location:** St. Peter, MN 56082

For more information, contact Deb Mattson or Nicole Boleter at 507-934-7638

Link to website [here](#).

#### **LSVT BIG for Life, Rivers Edge Hospital**

**Location:** St. Peter, MN 56082

For more information, contact Deb Mattson or Dustin Koehnen at 507-934-7638

Link to website [here](#).

### WILMAR

#### **Club Bethesda, PWR! (Parkinson Wellness Recovery)**

**Location:** Willmar, MN 56201

For more information, contact Melissa Wentzel at 320-214-5622.

Link to website [here](#).

#### **Willmar Parkinson's Support Group and Nordic Walking Queen, Nordic Walking at Club Bethesda**

*Poles provided for use during the walk.*

**Location:** Willmar, MN - Meeting in-person

For more information, contact Linda Lemke at 952-475-0891 or [lindamlemke@gmail.com](mailto:lindamlemke@gmail.com).

Link to website [here](#).

### WINONA

#### **Steady Strides Parkinson's Exercise Class** (Updated Feb 2024)

**Location:** Gundersen Winona Campus

For more information, contact Martha Clemmensen at 507-612-0600, option 3

### VIRTUAL

#### **Fairview East Region, Fitness**

*These Parkinson's fitness classes and Nordic Walking (fee for NW) incorporate cardio, strength training, stretching/flexibility and Parkinson's specific exercises.*

**Location:** Virtual

**Fee:** No

For more information, contact Margie Kron at 651-326-3629 or [Margie.Kron@fairview.org](mailto:Margie.Kron@fairview.org)



## Minnesota Wellness Programs

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### **Struthers St. Paul - Health Partners Neuroscience Center - NeuroWell - Low and Moderate Intensity Class** (updated June 2023)

**Location:** St. Paul, MN 55427

**Fee:** Yes

For more information, contact Calista Yang at 651-495-6704 or [neurowell@healthpartners.com](mailto:neurowell@healthpartners.com).

Link to website [here](#).

### **Struthers St. Paul - Health Partners Neuroscience Center - NeuroWell – Moderate and High Intensity Class** (updated June 2023)

**Location:** St. Paul, MN 55130

**Fee:** Yes

For more information, contact Calista Yang at 651-495-6704 or [neurowell@healthpartners.com](mailto:neurowell@healthpartners.com).

Link to website [here](#).

## VARIOUS LOCATIONS

### **Juniper Health**

*Evidence-based classes for Minnesotans to live well, get fit and prevent falls. Programs include the Tai Ji Quan: Moving for Better Balance class.*

**Location:** Various locations – Meeting in-person, online, and over phone

**Fee:** No, or low cost

For more information, contact Rachel Von Ruden at (855) 215-2174 or [info@yourjuniper.org](mailto:info@yourjuniper.org).

Link to website [here](#).

### **SPC Park Nicollet and SPC HealthPartners, Choir**

**Location:** Various locations

For more information, contact 952-993-5495