

Exercise Classes

Below are exercise classes for people with Parkinson's Disease and/or their caregivers.
All groups listed are open to the public.

Those classes/instructors denoted with a check mark have been trained and endorsed by the National Parkinson Foundation (NPF) Heartland Chapter as PD Friendly instructors.

Metro KC Exercise Groups

Instructor	Location	Class	Address	City/State	Time	Date	Phone
Diane Lee	Trinity United Methodist Church	Call for details	5010 Parallel Pkwy	Kansas City, KS	11:00 AM	Mondays	913.432.4321
Jeannine Becerra	Wellness Wheel KC North	Chair Yoga	5742 N Broadway	Kansas City, MO	11:30 AM	Mondays	816.309.5615
Jeannine Becerra	Wellness Wheel KC North	Chair Yoga	5742 N Broadway	Kansas City, MO	12:00 PM	Saturdays	816.309.5615
Jill Hershley	Primrose Retirement	Chair Yoga	8559 N Line Creek Pkwy	Kansas City, MO	10:00 AM	Mondays	816.468.8282
Jill Hershley	Primrose Retirement	Strength/Exercise	8559 N Line Creek Pkwy	Kansas City, MO	10:00 AM	Tues & Fri	816.468.8282
Jill Hershley	Primrose Retirement	Thai Chi	8559 N Line Creek Pkwy	Kansas City, MO	10:00 AM	Thursdays	816.468.8282
✓ Kathy Mayer	Heartland Chapter	Wellness	8900 State Line Rd., Ste 320	Leawood, KS	10:30 AM	Tues & Thurs	913.341.8828
✓ Janis Rovick	Heartland Chapter	Chair Exercise	8900 State Line Rd., Ste 320	Leawood, KS	10:30 AM	Wednesdays	913.341.8829
✓ Suzanne Ryan	Heartland Chapter	Dance	8900 State Line Rd., Ste.320	Leawood, KS	10:30 AM	Mondays	913.341.8830
✓ Instructors Vary	Jewish Community Center	Call for details	5801 W 115th St.	Leawood, KS	Varies	Mon-Sun	913.327.8000
✓ Melanie Crawford	Core Wellness Institute	Body Rolling	3484 NE Ralph Powell Rd	Lee's Summit	Call for Details	Call for Details	816.509.1288
✓ Adam Rogers	Kinesiology Clinic of KC	Kinesiology	10000 Marshall Dr.	Lenexa, KS	Call for Times	Call for Details	785.341.0707
✓ Sumya & Matt Anani	Learning 2 Fly Studio	Body & Brain Fitness	4711 Lamar	Mission, KS	11:00 AM	Monday & Wednesday	913.262.2600
✓ Jonae Meyer	Travanse Living	Gentle Yoga	101 W. 151st St.	Olathe, KS	1:00 PM	Wednesdays	913.791.0020
✓ Gary Withall	JQ's Parkinson's Training Center	Rock Steady Boxing	4563 Indian Creek Pkwy	Overland Park, KS	Call for Times	Call for Dates	913.742.0026
✓ Sarrisa Curry	Rock Steady Boxing at In Your Corner KC	Rock Steady Boxing	3825 W. 95th St.	Overland Park, KS	Call for Times	Call for Dates	913.276.4665
✓ Melanie Crawford	Fitness Alliance	Body Rolling	15445 Metcalf Ave	Overland Park, KS	Call for Times	Call for Dates	816.509.1288
✓ Jason Campbell	Title Boxing	Rock Steady Boxing	7812 W 119th	Overland Park, KS	Call for Times	Call for Dates	913-433-2582
✓ Sally Stuart	Brighton Gardens	Wellness	7105 Mission Rd.	Prairie Village, KS	10:30 AM	Mon-Sun	913.262.1611
✓ Roni Eker	Brookdale Shawnee	Movers & Shakers	11400 W. 65th St.	Shawnee, KS	1:30 PM	Fridays	913.248.1500
✓ Instructors Vary by Location	YMCA locations of Greater Kansas City	Go to https://kansascityymca.org/ for all locations, schedules, and contact information					
✓ Alison John	Core Balance Yoga	Gentle Yoga & Meditation	929 NE Woods Chapel Rd.	Lee's Summit, MO	Monday	6:30 PM	816-213-1014

✓	Leah Morgan	Core Balance Yoga	Gentle Yoga & Meditation	3544 SW Market St.	Lee's Summit, MO	Monday	6:30 PM	816-213-1014
✓	Alison John	Core Balance Yoga	Gentle Yoga & Meditation	3545 SW Market St.	Lee's Summit, MO	Saturday	8:30 AM	816-213-1014
✓	Leah Morgan	Core Balance Yoga	No Excuses Yoga	930 NE Woods Chapel Rd.	Lee's Summit, MO	Call for Details		816-213-1014
✓	Erin Ward	Elite PT	Core Foundations	13157 State Line Rd.	Kansas City, MO	Monday & Thursday	10:00 AM	913-888-0014
✓	Erin Ward	Elite PT	Balance	13158 State Line Rd.	Kansas City, MO	Tues & Thurs	11:00 AM	913-888-0014



Kansas Wellness & Exercise Classes

Instructor	Location	Class	Address	City	Time	Date	Phone	
✓	Michelle Haub	Meadowlark Hills	Call for details	2121 Meadowlark Rd.	Manhattan	1:15 PM	Mon & Fri	785.323.3899
✓	Michelle Haub	Meadowlark Hills	Rock Steady Boxing	2121 Meadowlark Rd.	Manhattan	Call for Times	Call for Details	785.323.3899
✓	Michelle Haub	Meadowlark Hills	PD Voice Classes	2121 Meadowlark Rd.	Manhattan	Call for Times	Call for Details	785.323.3899
✓	Michelle Haub	Body First	Fit2Fight PD	3615 Claflin Rd.	Manhattan	3:00 PM	Tuesdays	785.323.3899
	Jeni White and Rich White	Rock Steady Boxing Pittsburg	Rock Steady Boxing	1315 S. Broadway	Pittsburg	Call for Times	Call for Details	620.704.9591
	Mannie Brown, Marcio Navarro and Erin Carpenter	Rock Steady Boxing Wichita	Rock Steady Boxing	1836 S. Woodlawn	Wichita	Call for Times	Call for Details	316.500.3828
	Windy Williamson	Williamson Wellness Center	Call for Details	8340 E. 21st N. Suite 900	Wichita	1:45 PM	Tues & Thurs	316.295.4366

Missouri Exercise Classes

Instructor	Location	Class	Address	City	Time	Date	Phone	
✓	Courtney Meyers	Human Performance Institute	Rock Steady Boxing	4004 Peachtree Dr.	Columbia	Call for Times	Call for Dates	573.777.4417
	Patsy & David Dalton	Lenoir Community Center	Chair Exercises	1 Hourigan Drive	Columbia	3:30 PM	First Thursday	573.356.6036 or 573.434.4569
	Patsy & David Dalton	Lake Ozark Christian Church	Chair Exercises	1560 Bagnell Dam Blvd.	Lake Ozark	11:30 AM	Third Thursday	573.356.6036 or 573.434.4569
	Shauna Smith Yates, Susan Gilmore and Polly Brandman	Bodysmith	Rock Steady Boxing	317 East Walnut	Springfield	Call for Times	Call for Dates	417.856.0500
✓	Instructors Vary by Location	YMCA locations of Greater Kansas City	Go to https://kansascityymca.org/ for all locations, schedules, and contact information					