Online Parkinson-Specific Exercise Options

Neuroboxing Santa Maria Online Zoom Classes: Call Coach April for information 805-698-1983 or neuroboxingsantamaria@gmail.com
RockSteady Boxing Central Coast Online Zoom Classes: Call Coach Dave for more information 805-459-9530
Neurological Pilates for Parkinson's Online Class: Call Misha for more information 805-295-9505

Nordic Pole Walking Instructional Videos (free):
Urban Poling:
https://urbanpoling.com/getting-started/
PWR!Moves Poles:
https://www.youtube.com/watch?v=rR4wlWZThf8
Nordic Pole techniques:
https://www.youtube.com/watch?v=fJY6_DLJ2Kg

Parkinson-specific Exercise:
Movement Revolution (**free** online exercise videos and individualized programs)
https://movementstagin.wpengine.com/revolutionhome2-2-4/?fbclid=IwAR18SMxjXM-ZQ1Jyjsu1Rtxqg-twPajX_rzHMMbxzCdraASExvPUnDw2t8w

Power for Parkinsons (**free** home video series) founded by MD and psychotherapist
https://www.youtube.com/powerforparkinsons?fbclid=IwAR2mFmUOvhpjaQrjH00GHFN35BGA1Sp7oaFiuV7olcjHPfYGP3K4lJQb2Sg

PWR!Moves with Claire McLean, PT, DPT (**free** videos series on youtube)
https://youtu.be/JfbamSuQJpA
https://www.youtube.com/playlist?list=PLsRmTAYV0uGz30qFSvngZe-ZlDE4-UMxJ

NeuroFit BC, Naomi Casiro, PT (**free** online exercise videos)
https://www.youtube.com/playlist?list=PLBVZu9QCiuRZJ_AEDqaUVgFmwsZzp3XSA

The Parkinson Fitness Project, Daily Dose PD, Nate Cooomer (**free** 30 day trial)
https://www.dailydosepd.com/

Dance for PD, (full digital class archive available **free** of charge, plus DVD discount)
https://danceforparkinsons.org/resources/dance-at-home?fbclid=IwAR2xkFir6cxqsqEPatVmDOv3VA5C33w9k9MJAy4R3-XWOuJeZqQlAOFsJFw

Free Yoga Classes, archived plus free classes on Wed (Northwest Parkinson Foundation)
https://nwpf.brand.live/yoga

Rogue Physical Therapy and Wellness (Monthly paid classes, online with Zoom)
https://www.roguept.com/class-schedule

Re+Active PT (online PD-specific classes, monthly fee)
https://www.reactivept.com/group-classes

PD Warrior (paid 10-week challenge)
https://pdwarrior.com/10-week-challenge/

Delay the Disease through Wellthon ($49 special offer for the first month)
https://www.wellthon.com/landing-pricing

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