



Maine Parkinson Society
Parkinson's Movement Opportunities for the State of Maine
Current as of: October 7, 2021

Parkinson's Disease Specific exercise classes	Day	Time	Contact	Description
Bangor Region YMCA Pedaling for Parkinson's	Mon. Wed. Fri.	11:00am-12:00pm	Justin St. Peter 941-2808 jstpeter@bangory.org	Riding indoor stationary bicycle
Casco Bay YMCA 14 Old South Freeport Rd Freeport, ME	Mon. Wed. Fri. Weekly Exercise	12:15-1:15 PM	865-9600 YMCA	
Mount Desert Island YMCA 21 Park Street Bar Harbor, ME	Tuesdays and Thursdays weekly	10:30-11:30 AM	288-3511 YMCA	
United Medical Gym 29 Foden Road South Portland, ME	Depends on level of class	Depends on class	Haley Vail Director 347-3030 hvail@umedtechnology.com	4 different class levels - costs
Looking for new location 2/2018 Camden area	Fridays Weekly Exercise Group	10:00 AM	Dan Avener 338-5675 ajavener@gmail.com	Free
YMCA Brunswick Landing	Various groups		Mid Coast Hospital 373-6585	Listed on website
YMCA Damariscotta	Tue & Wed for Boxing	12:00-12:45PM	563-9622 Sarah Newman http://clcymca.org/evidence-based-health-initiatives	Boxing & Cycling

Rock Steady Boxing Locations:		
Brunswick:	207-373-6363	
2 Davis Point Lane, Suite 1A Cape Elizabeth, ME 04107	207-767-9773 capeelizabeth@rsbaffiliate.com	http://capeelizabeth.rsbaffiliate.com/
249 Bucksport Road Ellsworth, ME 04605	607-342-0519 boldcoast@rsbaffiliate.com	http://boldcoast.rsbaffiliate.com/
1250 Turner St. Auburn, ME 04210	207-576-1529 L-A@rsbaffiliate.com	http://l-a.rsbaffiliate.com/
Saco:	207-284-5953	
Husson University Fighting Eagles Boxing Club – Monday's 3-4:15 pm @ Bangor Y Third Street, Bangor		
Phone 941-7049 Husson University School of Physical Therapy		
https://www.facebook.com/punchoutparkinsonsfightingeaglesboxing@gmail.com		

For all updates, please call 207-992-9978 or toll free 1-800-832-4116 or:
 Email: info@maineparkinsonsociety.org
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