



## **Moving Day Pavilion Participant Information**

### **1. Rock Steady Boxing Charleston at Grit Box Fitness**

Rock Steady Boxing Charleston is a boxing inspired group fitness program for people with Parkinson's disease (one on one training also available). Our mission is to empower people with PD to fight back! Offering eight classes a week, we currently serve over 75 fighters in all stages of Parkinson's who come together to support each other and fight back together.

### **2. Rock Steady Boxing MUSC**

"MUSC Wellness Center offers Rock Steady Boxing classes 4 times a week: Tuesday and Friday 11:00am - 12:15pm, Tuesday and Thursday / 5:00pm - 6:15pm. We have 9 RSB certified trainers and the classes are taught in a private boxing studio located in the facility. MUSC Wellness Center offers a junior Olympic size pool, tennis courts, beautiful indoor and outdoor tracks, over 80 free group exercise classes

### **3. "Blame it on the Parkinson's" Dance/Song - Angie Cirnigliaro**

Angie Cirnigliaro, of [www.FEELanthropi.com](http://www.FEELanthropi.com), offers adaptive dance classes for seniors and all ages of mobility and memory restricted dancers. Her program, Move for Parkinson's, is currently available in Charleston and Columbia, SC.

### **4. Yoga and balance - Bonnie Friedman**

I teach yoga and zumba classes and I specialize in helping individuals with mobility and neurological disorders regain balance, flexibility and strength. I gear my classes to the special needs of the student(s) and always use many brain balancing and enhancing movements to encourage neuroplasticity.

### **5. Tai Chi - Reggie Westbrook**

Tai Chi is system of movements designed to improve breathing, balance, flexibility, strength and coordination. Movements are slow and gentle making it a great form of exercise for people regardless of age or current physical condition.

### **6. LSVT-BIG - Fox Rehab**

Fox Rehabilitation is a professional private practice that provides Physical, Occupational and Speech Therapy to older adults in the comfort of their home. Our clinicians provide clinically excellent care to help our clients achieve what they once thought impossible – optimal function to rehabilitate their lives.

### **7. LSVT-LOUD - Stephen Cutia**

"Northern Tides Speech and Language specializes in the treatment of people with neurological degenerative disorders to restore overall communication and safe swallow function. Our clinicians provide the evidence based LSVT LOUD voice program, as well as address other symptoms related to swallowing, expressive and receptive language, motor speech, and cognitive deficits."