



Greenville Area Parkinson Society

We Walk With You.

Weekly Exercise Opportunities

GAPS in Motion! (Greenville)

The Sterling Hope Center
709 Dunbar St, Greenville, SC
29601
Wednesdays 1:00-2:00 pm

GAPS in Motion! (Clemson)

Clemson Downs @ The Corley
Center
150 Downs Blvd., Clemson, SC
29631
Mondays 3:00-4:00 pm

GAPS in Motion! (virtual- link on website)

PD on the Move with Alex
Tressor
Fridays 12:00-1:00 pm

HealThy Self

St. Francis Millennium Campus
2 Innovation Dr., Greenville, SC
29607
864-400-3651

PD Exercise Class (Anderson)

Anderson YMCA (Studio 2)
201 Reed Rd, Anderson, SC
29621
M/T/TH 1:00-1:45
864-716-6260

Pedaling for Parkinson's

Powdersville YMCA
9115 SC-81, Piedmont, SC
29673
864-898-9187

YMCA PWR!

Caine Halter Family YMCA
721 Cleveland St., Greenville,
SC 29601
864-679-9622

Eastside Family YMCA
1250 Taylors Rd, Taylors, Sc
29687
864-292-2790

George I. Theisen Family YMCA
100 Inspirational Way, Travelers
Rest, SC 29690
864-834-2400

Prisma Health YMCA
550 Brookwood Point Pl.,
Simpsonville, 29681
864-963-3605

Rock Steady Boxing (Greenville)

@Core Balance
1860 Woodruff Rd, Greenville,
SC 29607
864-533-3700

Rock Steady Boxing (West Union)

Total Fitness of Oconee
102 N. Hwy 11, West Union, SC
29696
864-401-3757

Rock Steady Boxing (Seneca)

@Foothills YMCA
370 Memorial Dr., Seneca, SC
29672
731-345-9505

Rock Steady Boxing (Spartanburg)

1420 Skylyn Dr., Spartanburg,
SC 29307
864-342-0190

Senior Aerobic Class

Ray Hopkins Senior Center
203 Corn R., Greenville, SC
29607
M/W/F 9:00 am-10:00 am

Well Walkers

Bon Secours Wellness Arena
650 N. Academy St., Greenville,
SC 29601
Tuesdays and Thursdays
9:00-10:00 am
(GAPS walks Tuesdays at 11:00)