



Your Local Parkinson's Connection for Newport County

## **Parkinson's Disease Specific Exercise in Newport County**

(Leaders have training/certifications in Parkinson's Specific Exercise)

### **PWR!Moves**

- PWR!Moves® small group classes  
1:1 personal training  
Certified PWR!Moves® instructor Kristin Matteson CMES  
Specialized Fitness Newport (401) 743-6183  
kmatri@hotmail.com  
<https://www.specializedri.com/>  
Held at Renaissance Fitness 221 Third St. Newport, RI
- PWR!Moves® group classes  
Certified PWR!Moves Therapist Jordan Juzwiak DPT  
(616) 916-2751  
NPT Healthworks  
<https://npthealthworks.com/>  
17 Memorial Blvd Newport RI
- PWR!Moves® group classes  
Certified PWR!Moves Therapist Jordan Juzwiak DPT  
(616) 916-2751  
Newport County YMCA  
Valley Rd. Middletown RI  
<https://newportymca.org/>

## Indoor Cycling

- PWR!Moves® Cycle Fusion -  
Indoor cycling and PWR!Moves® Circuit training led by a trained Parkinson's cycling coach and PWR!Moves® certified instructor  
Kristin Matteson  
Specialized Fitness Newport (401) 743-6183  
kmatri@hotmail.com  
<https://www.specializedri.com/>  
Held at Renaissance Fitness 221 Third St. Newport, RI

## Boxing:

- PWR!Moves Boxing Fusion –  
Boxing drills with Jesse Macrae boxing coach and PWR!Moves® circuits by certified instructor Kristin Matteson  
Newport BoxFit  
(401) 662-6584  
1 Casino Terrace Newport, RI  
<https://www.newportboxfit.com/>

## Parkinson's Dance :

- **DAPPers-** Improve coordination and flexibility, balance, and gait, enhance awareness of your own body and your aliveness through movement for individuals with Parkinson's.  
Newport County YMCA  
(401) 847-9200  
792 Valley Rd. Middletown, RI  
<https://newportymca.org/>