

Testimonials

About Us

Tom Williams



“The Foundations Class is challenging but fun, and I appreciate the encouragement I receive from my instructor and fellow participants.”

Nancy Mayer

“I’ve seen students come to class using canes and walkers, and within a month or two, virtually all are standing on their own...it’s truly cause for celebration.”



Mike Eikenberry



“I have had Parkinson’s for 20 years and DBS for 9 years. I have found Gary’s fitness classes to be serious and professional, but also always upbeat and positive.”

Wendy Christ

“The energy in the room is one of positive group support: a real can-do attitude. In my experience, this is just as important as the physical improvements we see, which are numerous.”



Betty & David Wilkinson



“The classes are so beneficial to David’s mood and physical well being. It is great to enjoy a laugh in the face of what could have been a devastating prognosis.”



Gary Sobol, Founder of GZSPN

GZ Sobol’s Parkinson’s Network (GZSPN®) was established in November, 2013. We are a non-profit 501(c)(3) public charity.

Parkinson’s Network exercise classes help PWP using our three guiding principles:

1. **OVERCOME** challenges
2. **IMPROVE** quality of life
3. **RESTORE** functions

Parkinson’s Network exercise classes are enhanced by camaraderie, cognition, voice, and FUN! Parkinson’s Network exercise classes are dramatically changing the lives of participants who attend classes regularly. In fact, many of our class participants came to us as a result of a neurologist recommendation.

We are growing fast. As of today we have 70 active instructors, 80 classes each week, and more than 1,000 students enrolled!

Our vision is that every PWP should have access to our group exercise classes.

Our mission is to improve quality of life in people with Parkinson’s disease. We carry out this mission by providing continuous access to research-based programs and other evidence-based approaches.

How you can help:

Donate • Volunteer

Start a Class • Spread the Word



Parkinson’s Network provides exercise classes for People with Parkinson’s Disease (PWP), MS, TBI, neurological disorders, and those that want to age well.

Why is the GZSPN® exercise program so unique? We follow the three E’s:

Everyone, Everything, Everywhere.

Everyone: is welcome at our classes. This includes people using walkers and wheelchairs who are accompanied by a caregiver, friend, or relative.

Everything: Our classes can be taken by people with Parkinson’s Disease, Multiple Sclerosis, Stroke, Traumatic Brain Injury and other neurodegenerative diseases, older adults trying to age as best they can, people with balance issues, etc. Even our care givers who come and assist participants say they enjoy and benefit from the exercises!

Everywhere: As we continue to expand, managers in our 7 U.S. regions are in the process of starting up classes all over the country. As of March, 2016 we are conducting 80 classes in 32 cities in 11 states.

Everyone

Everything

Everywhere



OVERCOME



IMPROVE



RESTORE



Foundations Class

This 75 minute class offers physical and cognitive exercises specifically tailored to target eight specific deficits:

1. **Rigidity** – Muscle stiffness & resistance to movement
2. **Hand Dexterity** – Problems with handwriting, fine-motor tasks
3. **Akinesia** – Inability to move spontaneously
4. **Bradykinesia** – Slow movements
5. **Postural Stability** – Impaired posture and coordination
6. **Balance** – Problems with falls, stability
7. **Cognition** – Problems acquiring new knowledge, multi-tasking
8. **Gait** – Problems with shuffling, range of motion

Circuits Class

This more advanced class focuses on power, strength, and agility. Participants rotate through stations that provide a lot of variety and challenge for their exercise programs. This class runs for 6 weeks and then repeats.

Dance Class

In this informal, fun class we move to music to address a range of issues challenging the person with Parkinson's. Students begin in a chair and do simple exercises engaging different parts of the body, torso, feet, hands, and shoulders. As we move towards standing, we gain comfort in gait, balance, and coordination. Class continues with free dance which encourages creative use of the body to stand tall, extend extremity range, relax into rhythmic solid gait, and engage with other participants.

Yoga, Tai Chi, and Movement for People With Parkinson's

This class includes yoga, qi gong, and other exercises specifically designed for people with Parkinson's to increase range of movement, flexibility, and to improve balance. Practical issues, such as falling without injury, are also addressed.

Help us grow as an instructor

Our 5-year goal is to expand into every area of the country and to have Parkinson's Network classes available to all who might benefit.

In order to reach these goals, we need your help in locating potential instructors who are passionate about improving the quality of life for people with neurological diseases.

Our instructor training class is 8 hours long and focuses heavily on Parkinson's Disease symptoms and specific exercises that help restore lost functions. Participants learn the building block exercises that are used to put together various routines. Safety precautions are also covered in detail, and students are taught how to manage a class with wide differences in mobility and other functions.

Once we locate and certify an instructor in your city, they can use the marketing and PR info they learned to get the class started.

For more information on how to become a certified Parkinson's Network instructor, including dates of upcoming classes, contact us by email at info@parkinsonsnetwork.org or by phone at (303) 378-4732.

"This course is by far one of the best certifications I have ever attended."

- Certified instructor Joni Krickbaum

Call us: 303-378-4732

Email us: info@parkinsonsnetwork.org

Visit us: www.parkinsonsnetwork.org