



Perseverance. Grace. Purpose.

Winter-Spring Session 2024 Virtual Exercise Studio

Monday	11:00 am	Delay the Disease with Duane Hardek
	2:30 pm	Functional Movement & Balance with Chris Steinmetz
Tuesday	10:30am	Tai Chi with Susan Cruz (45 mins)
	3:00 pm	PWR! Plus with Casey Rodak and Valerie Bucek of Encompass Health
Wednesday	12:00 pm	Parkinson's Stretch with Chris Steinmetz
	1:00 pm	Zumba with Josefa Domingos
Thursday	11:30 am	Delay the Disease with Jeannine Hartman
	1:00 pm	Yoga for All with Jen Stratakis
Friday	10:00 am	PD on the Move with Alexander Tressor
	2:00 pm	Dance for PD with the Pittsburgh Ballet Theatre

All classes are free, live and 1 hour

Sign up to take these exercise classes by visiting our website and selecting the calendar option: pfwpa.org