



Perseverance. Grace. Purpose.

| Virtual Exercise Studio: Winter Session 2025 | | |
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| Monday | 11:00 am | Delay the Disease with Duane Hardek |
| | 2:30 pm | Functional Movement & Balance with Chris Steinmetz |
| Tuesday | 3:00 pm | PWR! Plus with Casey Rodak and Valerie Bucek of Encompass Health |
| | 6:30 pm | Delay the Disease with Jeannine Hartman (this is a more rigorous class) |
| 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 |
| | 1:00 pm | Dance for PD Virtual Class (contact Lindsey Kaine directly for link: lkaine@pittsburghballet.org) |
| Saturday | 11:00 am | Moderate Cardio Movement and Strength Workout with Chris Steinmetz |

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