



Perseverance. Grace. Purpose.

Virtual Exercise Studio: Spring Session 2025

Monday	11:00 am	Delay the Disease with Duane Hardek
	2:30 pm	Functional Movement & Balance with Chris Steinmetz
Tuesday	1:00 pm	Ba Duan Jin Qigong and Tai Chi for with Mengjun Wang (45 minutes)
	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