



Perseverance. Grace. Purpose.

**Virtual Exercise Studio: Spring Session 2025**

<b>Monday</b>	<b>11:00 am</b>	<b>Delay the Disease with Duane Hardek</b>
	<b>2:30 pm</b>	<b>Functional Movement &amp; Balance with Chris Steinmetz</b>
<b>Tuesday</b>	<b>1:00 pm</b>	<b>Ba Duan Jin Qigong and Tai Chi with Mengjun Wang (45 minutes)</b>
	<b>3:00 pm</b>	<b>PWR! Plus with Casey Rodak and Valerie Bucek of Encompass Health</b>
	<b>6:30 pm</b>	<b>Delay the Disease with Jeannine Hartman (this is a more rigorous class)</b>
<b>Wednesday</b>	<b>12:00 pm</b>	<b>Parkinson's Stretch with Chris Steinmetz</b>
	<b>1:00 pm</b>	<b>Zumba with Josefa Domingos</b>
<b>Thursday</b>	<b>11:30 am</b>	<b>Delay the Disease with Jeannine Hartman</b>
	<b>1:00 pm</b>	<b>Yoga for All with Jen Stratakis</b>
	<b>2:00 pm</b>	<b>Cardio Drumming with Dale Reckless</b>
<b>Friday</b>	<b>10:00 am</b>	<b>PD on the Move with Alexander Tressor</b>
	<b>1:00 pm</b>	<b>Dance for PD Virtual Class (contact Lindsey Kaine directly for link: lkaine@pittsburghballet.org)</b>
<b>Saturday</b>	<b>11:00 am</b>	<b>Moderate Cardio Movement and Strength Workout with Chris Steinmetz</b>

*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](https://pfwpa.org)