

Perseverance. Grace. Purpose.

<b>Virtual Exercise Studio: Summer Session 2026 ~ Open to all!</b>		
<b>Monday</b>	<b>11:00 am</b>	<b>Delay the Disease with Duane Hardek (60 minutes)</b>
	<b>2:30 pm</b>	<b>Functional Movement &amp; Balance with Chris Steinmetz (45 minutes)</b>
<b>Tuesday</b>	<b>3:00 pm</b>	<b>PWR! Plus with Casey Rodak and Valerie Bucek of Encompass Health (30 minutes physical &amp; 30 minutes speech &amp; cognition exercises)</b>
	<b>6:30 pm</b>	<b>Delay the Disease with Jeannine Hartman (this is a more rigorous class of 60 minutes)</b>
<b>Wednesday</b>	<b>12:00 pm</b>	<b>Parkinson's Stretch with Chris Steinmetz (45 minutes)</b>
	<b>1:00 pm</b>	<b>Ba Duan Jin Qigong and Tai Chi with Mengjun Wang (45 minutes)</b>
<b>Thursday</b>	<b>11:30 am</b>	<b>Delay the Disease with Jeannine Hartman (60 minutes)</b>
	<b>1:00 pm</b>	<b>Ageless Agility (formerly Yoga for All) with Jen Stratakis (45 minutes)</b>
<b>Friday</b>	<b>10:00 am</b>	<b>PD on the Move with Alexander Tressor (45 minutes)</b>
	<b>1:00 pm</b>	<b>Dance for PD Virtual Class (60 minutes - contact Lindsey Kaine directly for link: <a href="mailto:lkaine@pittsburghballet.org">lkaine@pittsburghballet.org</a>)</b>
<b>Saturday</b>	<b>11:00 am</b>	<b>Moderate Cardio Movement and Strength Workout with Chris Steinmetz (45 minutes)</b>

- All classes are free, live and taught by Parkinson's trained exercise instructors.
- Sign up for each class by visiting our website and selecting the calendar option: [pfwpa.org](http://pfwpa.org)
- You only have to sign up one time for each specific class and then you'll receive weekly reminders on that class day.