

Perseverance. Grace. Purpose.

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

- 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
- You only have to sign up one time for each specific class and then you'll receive weekly reminders on that class day.