

### **LIVE STREAM EXERCISE CLASS SCHEDULE**

Please visit [bit.ly/APDAYouTube](https://bit.ly/APDAYouTube) for exercise classes.

<b>DAY / TIME</b>	<b>CLASS</b>	<b>LEVEL</b>	<b>INSTRUCTOR</b>
Mondays/10:00am	Strength & Cardio	Level 2	Marina Clements
Mondays/1:00pm	Interval Training	Level 2	Jen Berger
Tuesdays/1:00pm	Seated Exercise	Level 1	Michelle Valenti
Tuesdays Not live streamed – new class posted every week	Yoga and Meditation	All Levels	Ulrikke Malik
Wednesdays/1:00pm	Interval Training	Level 2	Michelle Valenti
Thursdays/1:00pm	Seated Exercise	Level 1	Jen Berger
Fridays/10:00am	Tai Chi	Level 1	Craig Miller
Fridays/11:15am	Tai Chi	Level 2	Craig Miller

### **ZOOM EXERCISE CLASS SCHEDULE**

Please contact Angela Weaver at [aweaver@apdaparkinson.org](mailto:aweaver@apdaparkinson.org) for Zoom link.

<b>DAY / TIME</b>	<b>CLASS</b>	<b>LEVEL</b>	<b>INSTRUCTOR</b>
Tuesdays/9:00am	Seated Exercise	Level 1	Jen Berger
Tuesdays/10:00am	Strength & Cardio	Level 2	Jen Berger
Thursdays/10:00am	Strength & Cardio	Level 2	Rachel Lehman
Fridays/11:00am	Seated Exercise	Level 1	Rachel Lehman
Friday/10:00am	Strength & Cardio	Level 2	Michelle Valenti
Friday/11:00am	Seated Exercise	Level 1	Michelle Valenti

## VIRTUAL SUPPORT GROUP SCHEDULE

For more information, please contact Angela Weaver at  
[aweaver@apdaparkinson.org](mailto:aweaver@apdaparkinson.org).

<b>MISSOURI SUPPORT GROUPS</b>			
<b>LOCATION</b>	<b>DAY</b>	<b>TIME</b>	<b>SUPPORT GROUP LEADER</b>
Chesterfield	First & Third Tuesday	11:00am	Carrie Burgraff
Chesterfield Caregivers	Second Monday	11:00am	Lynda Wiens & Jay Bender
Carthage	First Friday	2:00pm	Tericia Mixon
Kirkwood	Fourth Tuesday	6:00pm	Terri Hosto
Online	Third Wednesday	1:00pm	Angela Weaver
South County	Second Wednesday	10:30am	Caitlin Jones
St. Peters	First Tuesday	1:00pm	Jodi Peterson
St. Louis Caregivers	Third Monday	1:00pm	Kathy Schroeder
Webster Groves	Fourth Thursday	1:00pm	Laurel Willis
YOPD	Every Wednesday	6:00pm	Karen Frank & Mike Mylenbusch
<b>ILLINOIS SUPPORT GROUPS</b>			
<b>LOCATION</b>	<b>DAY</b>	<b>TIME</b>	<b>SUPPORT GROUP LEADER</b>
Carbondale	First Wednesday	1:00pm	Gala Lockwood
Charleston	Fourth Tuesday	1:00pm	Jean Shobe & Jean Penrod
Highland	Fourth Tuesday	2:00pm	Kayla Deerhake
Online	Third Wednesday	1:00pm	Angela Weaver
Quincy	Saturdays	10:00am	Dave & Terri May