

Virtual Exercise Class Schedule

Please visit bit.ly/APDAYoutube for Live Stream exercise classes and contact APDA at (636)778-3377 or apdastouis@apdaparkinson.org for zoom link

Location	Day	Time	Class	Level	Time
YouTube	Mondays	10:00 AM	Strength & Cardio	Level 2	Marina Clements
YouTube	Mondays	1:00 PM	Interval Training	Level 2	Jen Berger
YouTube	Tuesdays	1:00 PM	Seated Exercise	Level 1	Michelle Valenti
YouTube	Wednesdays	2:00 PM	Interval Training	Level 2	Michelle Valenti
YouTube	Thursdays	1:00 PM	Seated Exercise	Level 1	Jen Berger
YouTube	Fridays	10:00 AM	Tai Chi	Level 1	Craig Miller
YouTube	Fridays	11:15 AM	Tai Chi	Level 2	Craig Miller
Zoom	Tuesdays	9:00 AM	Seated Exercise	Level 1	Jen Berger
Zoom	Tuesdays	10:00 AM	Strength & Cardio	Level 2	Jen Berger
Zoom	Thursdays	10:00 AM	Strength & Cardio	Level 2	Vicky Frazier
Zoom	Thursdays	11:00 AM	Seated Exercise	Level 1	Vicky Frazier
Zoom	Fridays	10:00 AM	Strength & Cardio	Level 2	Michelle Valenti
Zoom	Fridays	11:00 AM	Seated Exercise	Level 1	Michelle Valenti