

Illinois In-Person Exercise Class Schedule

Contact individual location to register. Contact the APDA office with questions. (636) 778-3377 or apdastlouis@apdaparkinson.org

City	County	Class/Meeting Site	Level	Day/Time	Time
Breese	Clinton	Clinton Co YMCA 14160 Jamestown Rd	All	Will start in person in 2022	
Champaign	Champaign	Pedalers Cycling Champaign YMCA 2501 Fields S Dr	All	Mondays	1:00 PM Jessica B.
Champaign	Champaign	Seated Yoga Champaign YMCA 2501 Fields S Dr	All	Mondays	1:00 PM Jenny Redden
Champaign	Champaign	Functional Chair Fitness Champaign YMCA 2501 Fields S Dr	All	Tuesdays Thursdays	1:00 PM Lyndsay R. 1:00 PM Jenny Redden
Champaign	Champaign	Strength and Balance Champaign YMCA 2501 Fields S Dr	All	Wednesday	1:00 PM Jessica B.
Decatur	Macon	Pedaling for Parkinsons Decatur Family YMCA 220 W McKinley Ave A	All	Tuesday/Thursday	9:00 AM Michelle Patterson
O'Fallon	St. Clair	Exercise for Parkinsons O'Fallon YMCA 284 N 7 Hills Rd	All	Tuesday	12:00 PM Victoria White
O'Fallon	St. Clair	Exercise for Parkinsons O'Fallon YMCA 284 N 7 Hills Rd	All	Thursday	1:00PM Stefanie Mclaughlin
Highland	Highland	Cycle and Strength Korte Rec Center, 1 Nagel, Highland, IL 62249	All	M/W/Thursday	11:00 AM Hilary Held
Edwardsville	Edwardsville	Edwardsville YMCA Niebur Center 1200 Esic Drive Edwardsville, IL 62025	All	Tuesday/Thursday	11:00 AM Mary Tebbe/ Lara Collmann
Quincy	Quincy	Fit to Fite PD boxing Quincy YMCA, 3101 Maine Street, 62301	All	Monday	12:00PM