

Missouri 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
Chesterfield	St. Louis	Circuit Training APDA	Level 2	Tuesdays Starts May 3	10:00 AM Jen Berger
Chesterfield	St. Louis	Strength and Cardio APDA	Level 2	Tuesdays Starts May 3	11:00 AM Jen Berger
Chesterfield	St. Louis	Intro to Exercise APDA	Level 2	Wednesdays Starts May 3	10:00 AM Michelle Valenti
Chesterfield	St. Louis	Seated Exercise APDA	Level 1	Wednesdays Starts May 3	11:00 AM Michelle Valenti
Chesterfield	St. Louis	Movement Training APDA	Level 1 & 2	Wednesdays Starts May 3	1:00 PM Marina Clements
Chesterfield	St. Louis	Tai Chi APDA	Level 1 & 2	Thursdays Starts May 3	11:00 AM Craig Miller
Chesterfield	St. Louis	Strength and Cardio APDA	Level 2	Thursdays Starts May 3	1:00 PM Michelle Valenti
Chesterfield	St. Louis	Tai Chi and Meditation APDA	Level 1 & 2	Fridays Starts May 3	10:00 AM Craig Miller
Chesterfield	St. Louis	Tai Chi APDA	Level 1 & 2	Fridays Starts May 3	11:15 AM Craig Miller
Chesterfield	St. Louis	Parkinsons Pedalers Chesterfield Family YMCA	All Levels	Mon/Wed	12:30 PM Michelle Valenti
Sunset Hills	St. Louis	Movement Training, Friendship Vill.- Sunset Hills	Level 2	Fridays	1:00 PM Marina Clements
Maryland Heights	St. Louis	Exercise for Parkinsons Edward Jones YMCA	Level 2	Tuesdays	11:00 AM Joan Paul
Kirkwood	St. Louis	Parkinsons Exercise Kirkwood Family YMCA	Level 1 & 2	Fridays	10:30 AM Frank Tucci
St. Louis City	St. Louis City	Interval Training, Stephen A. Orthwein Center	Level 1	Tuesdays	12:00 PM Annie Morrow
St. Louis City	St. Louis City	Fit and Fun, Stephen A. Orthwein Center	Level 1 & 2	Fridays	2:00 PM Mike
Cape Girardeau	Cape Girardeau	Boxing Christian Boxing Academy	Level 1	M/W/F	9:00 AM
Ste. Genevieve	Ste. Genevieve County	Parkinson Exer., Ste. Genevieve Co. Comm. Ctr.	Level 2	Thursday	11:00am Becky Baumann
Washington	Franklin	Parkinsons Exercise Four Rivers YMCA	Level 1	Monday/Wednesday	1:00 PM