

ZOOM LINKS

General Conditioning with Scott Lohmann

Monday, Tuesday, Wednesday, Thursday, and Friday 10:00 am

<https://us06web.zoom.us/j/96201397851?pwd=VzR1bVNZOXQxOGhwVld2MEQ2cGtQdz09#success>

Parkinson's Chair Exercise Class with Katie Parafinczuk

(Continues Free of Charge) Monday 3:00 pm

<https://us06web.zoom.us/j/83852311539?pwd=Y3pRREQ2eFRNRlpiWU9JUDI5STIwZz09>

Gait Improvement Class for Parkinson's with Scott Lohmann and Sang

Pvongnak Monday 4:00 pm

<https://us06web.zoom.us/j/87576441847?pwd=WjFMaGcvT1pKTzI3bzJralN1ZE5Jdz09>

Yoga for Parkinson's with Arlene McCarthy Tuesday 10:00 am

https://zoom.us/meeting/register/tJwqc-mpqTMjH9wUV_GylsjHIYqPGw_arQ_j

Level 2 Circuit with Scott Lohmann and Sang Pvongnak

Tuesday and Thursday 2:30 pm

<https://us06web.zoom.us/j/95861951336?pwd=cHZQd2QycDg1K3Fpc2JVNWh1NFIBQT09#success>

Gentle Chair Yoga with Ruth West

Thursday 10:00 am

<https://zoom.us/j/95139790261?pwd=Um1qc05hUEIDcDdmejgyVWhXWIZkQT09>

Meeting ID: 951 3979 0261 Passcode: 728399

Advanced Level Exercise Class for People with Parkinson's with Theresa

Najjar (Continues Free of Charge) Thursday 9:00 am

<https://us02web.zoom.us/j/93174728594?pwd=K09MaE9ycDJlb0E5ak1STUQ2NTR1UT09>

Meeting ID: 931 7472 8594 Password: Fantastic!

Mobility and Stretching Class for Parkinson's with Scott Lohmann and Sang

Pvongnak Thursday 4:00 pm

<https://us06web.zoom.us/j/85737496048?pwd=dEZDdFIGNzBpU3I6b0VTdzhtYmcrUT09>

LINK TO YOUTUBE PLAYLISTS

<https://www.youtube.com/channel/UCzK3GUOmy8WWNjqhroSKwIA/playlis>