



# Spring 2024

## Muhammad Ali Parkinson Center Classes

Registration is required for all classes. All PWR!Moves™, PWR!Circuit™, Tai Chi and Yoga classes require an assessment to determine class placement prior to registering for a class. For information/registration for classes or to schedule a free assessment please call Melanie Grafft at (602) 406-3840.

Fees/Monthly Pass: \$20 per month. One class per week.  
\$30 per month. Two or more classes per week.

\*As a nonprofit organization, our purpose is to strengthen the PD community and not turn anyone away due to the inability to pay. We offer financial assistance for monthly passes to those who qualify.

Mondays	Tuesdays	Wednesdays	Thursdays
1-2 p.m. Neurological Music Therapy VIRTUAL	9-10 a.m. PWR!Moves™ 1-2 HYBRID with Therese A	9-10 a.m. PWR!Circuit™ IN PERSON OT/PT team	10-11 a.m. Tai Chi VIRTUAL with Chrissy
1-2 p.m. Voice Class VIRTUAL with Therese U	10-10:50 a.m. Therapeutic Mat Yoga IN PERSON with Kelcie	10-10:45 a.m. Stretching HYBRID with Abby	1-2 p.m. LOUD Crowd® VIRTUAL with Therese U
2-3 p.m. PWR!Moves™ 2 HYBRID with Darolyn	10-11 a.m. Art of Moving VIRTUAL with Chrissy	10:30-11:30 a.m. Tai Chi VIRTUAL with Chrissy	2-3 p.m. PWR!Moves™ 3 VIRTUAL with Mayra
5:30-6:30 p.m. PWR!Moves™ 1 IN PERSON with Abby	11-11:50 a.m. Therapeutic Chair Yoga IN PERSON with Kelcie	1-2 p.m. LOUD Crowd® VIRTUAL with Therese U	
	1-2 p.m. Voice Class VIRTUAL with Therese U	2-3 p.m. PWR!Moves™ 2 HYBRID with Darolyn	
			Fridays
			10-10:45 a.m. Mindfulness & Meditation VIRTUAL with Kelcie

Hybrid classes are offered simultaneously online and in-person. Live classes are offered in the MAPC Wellness Room  
Virtual Classes are online via Zoom: Links to classes will be sent after your registration form has been recieved.