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.

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