

# NINA'S TOP **SUMMER** WORKOUTS

Our instructors are going on vacation, but never fear! PFP Co-founder and Executive Director Dr. Nina Mosier has carefully curated this list of FUN on-demand PFP classes for you to try out this week in your own time.

## MONDAY

Low impact  
Strength & Balance

**OR**  
Strength &  
Balance with  
Weights

## TUESDA

Bilingual  
Parkinson's Move  
& Shout

## WEDNESDAY

Voice & Swallowing  
Exercises w/Maggie

**&**  
Rock w/Nancy  
30 Minute  
Dance

## THURSDAY

Parkinson's  
Posture & Balance  
w/Debbie

## FRIDAY

Parkinson's  
Workout for  
Brain & Body  
w/Polly

## SATURDAY

Parkinson's  
Warrior Series:  
Gait

**OR**  
Fun Cognitive  
Challenge

## SUNDAY

Relax & Reset -  
20 minute  
Workout

DIRECTOR'S  
CHOICE



POWER for  
PARKINSON'S