

LauraLou Pape-McCarthy is a movement enthusiast; delighted to offer meaningful, fun, and uplifting exercise programs to older adults, often with dementia or Parkinson's Disease. Those with movement restrictions, either cognitive or physical, find these classes easy and beneficial.

Currently LauraLou follows her passion for movement and fitness by leading virtual group exercise classes for Continued Care Retirement Communities (CCRC's), Parkinson's Resources of Oregon (PRO) and the Portland Laughter Community through Meetup.com.

LauraLou is a recipient of Portland Community College's HOAF (Healthy Older Adult Fitness) certificate, offered through the Fitness Technology and Gerontology Departments and completed the course of study for Gerontology: Activity Assistant from Portland Community College. She has also been certified by ACE as a group fitness instructor, has completed instructor training for Tai Chi: Moving for Better Balance from the Oregon Research Institute as well as the OhioHealth-Delay the Disease™ PD fitness program.

Prior to her fitness instruction career, LauraLou was a professional physical theater performer. She performed as a clown and stilt walker with Ringling Bros & Barnum & Bailey Circus Blue Unit for 4 years and the Pickle Family Circus as a clown/acrobat for 1 season. She completed the Professional Performer training program with the Dell'Arte School of Physical Theater in Blue Lake, CA and moved to Portland, OR to perform with Do Jump Movement Theatre, Imago Theatre and Oregon Children's Theatre.

She is a Certified Laughter Yoga Leader.