

Laura Lou 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 Laura Lou 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.

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