



# Weekly Parkinson's Connection Schedule

Key: Virtual Free Virtual Indoor Class Hybrid

MONDAY 7/4	TUESDAY 7/5	WEDNESDAY 7/6	THURSDAY 7/7	FRIDAY 7/8	SATURDAY 7/9	SUNDAY 7/10	
<b>NO PARKINSON'S CONNECTION CLASSES TODAY</b>	<b>URBAN POLING CLUB</b> 9-9:30am Bill - Track <b>FREE</b>	<b>PEDALING for PD \$</b> 9:45-10:30am (45 mins) Melanie - FAC	<b>RSB</b> 9:15-10:15am Level 2 Chrissy Sub - Wellness				
	<b>RSB</b> 10:30-11:30am Level 2/3 Chrissy - Wellness		<b>RSB</b> 11am-12pm Level 2/3 Melanie - Wellness	<b>RSB</b> 10:30-11:30am Level 3 Chrissy Sub - Wellness	<b>YOGA for PARKINSONS \$</b> 11:30am-12:30pm All Level Sue - Wellness	<b>RSB</b> 10-11am Level 2/3 Melanie - Wellness	
	<b>RSB - VIRTUAL</b> 11:45am-12:45pm All level Melanie - Zoom			<b>RSB - VIRTUAL</b> 11:45am-12:45pm All Level Melanie - Zoom	<b>RSB - VIRTUAL</b> 11:30am-12:30pm All Level Melanie - Zoom	<b>RSB - VIRTUAL</b> 11:15-12:15pm All Level Melanie - Zoom	
		<b>PILATES for NEURO \$</b> 12:30-1:30pm All Level Melanie - Jpilates	<b>PILATES for NEURO \$</b> 12:30-1:30pm All Level Melanie - Jpilates		<b>PILATES for NEURO \$</b> 12:45-1:45pm All level Melanie - Jpilates	<b>BARRE - HYBRID \$</b> 12:30-1:30pm All Level Melanie - Jflow	
	<b>MOVEMENT &amp; MOTIVATION-DRUMS</b> 1-2pm Melanie - Zoom <b>FREE</b>			<b>MOVEMENT &amp; MOTIVATION-DANCE</b> 1-1:45pm Patty - J360 <b>FREE</b>			
		<b>RSB</b> 2-3pm Level 4 Melanie - Wellness	<b>RSB</b> 2-3pm Level 4 Melanie - Wellness				
		<b>YOGA for PARKINSONS</b> 6:30-7:30pm All level Sue - Zoom <b>FREE</b>	<b>RSB</b> 6:30-7:30pm Level 1/2 Christine - Wellness	<b>RSB - VIRTUAL</b> 6-7pm All Level Melanie - Zoom			
							<b>Check out our new URBAN POLING CLUB on Tuesday mornings from 9-9:30am on the indoor track with Bill!</b>

[katzjcc.org/calendar](http://katzjcc.org/calendar)

Register for any in-person classes through the Mindbody app.