



Weekly Parkinson's Connection Schedule

Key: Virtual Free Virtual Indoor Class Hybrid Wellness Groups

MONDAY 3/20	TUESDAY 3/21	WEDNESDAY 3/22	THURSDAY 3/23	FRIDAY 3/24	SATURDAY 3/25	SUNDAY 3/26
ROCK STEADY BOXING 9:15-10:15am Level 2 Chrissy - Wellness	MARTIAL ARTS 9:15-10am Chrissy - Wellness NEW CLASS! FREE DEMO!	PEDALING for PD \$ 9:45-10:30am (45 mins) Melanie - JCycle	ROCK STEADY BOXING 9:15-10:15am Level 2 Christine - Wellness			
	URBAN POLING CLUB 10-10:30am Indoor Track NEW TIME!	ROCK STEADY BOXING 11am-12pm Level 2/3 Melanie - Wellness	ROCK STEADY BOXING 10:30-11:30am Level 3 Christine - Wellness	YOGA for PARKINSONS \$ 11:30am-12:30pm Sue - Wellness	ROCK STEADY BOXING 10-11am Level 2/3 Melanie - Wellness	
RSB - VIRTUAL 11:15am-12:15pm All Level Melanie - Zoom	ROCK STEADY BOXING 10:30-11:30am Level 2/3 Chrissy - Wellness		RSB - VIRTUAL 11:45am-12:45pm All Level Melanie - Zoom	RSB - VIRTUAL 11:30am-12:30pm All Level Melanie - Zoom	RSB - VIRTUAL 11:15-12:15pm All Level Melanie - Zoom	
PEDALING for PD \$ 12:30-1pm All Level Melanie - JCycle	RSB - VIRTUAL 11:45am-12:45pm All level Melanie - Zoom		MOVEMENT & MOTIVATION: DANCE 1-1:45pm Patty - Wellness/Zoom FREE		GYROKINESIS for PARKINSON'S 12:30-1:30pm Melanie - Wellness/Zoom FREE	
RAISE YOUR VOICE Speech Therapy 2-3pm Judy Koza - Zoom FREE	MOVEMENT & MOTIVATION: DRUMS 1-1:45pm Melanie - Wellness/Zoom FREE	LET'S TAKE A BREAK Caregiver Support Group 2-3pm Patty - Rm 102 FREE				
ROCK STEADY BOXING 2-3pm Level 4 Patty - Wellness		ROCK STEADY BOXING 2-3pm Level 4 Melanie - Wellness		NEW CLASS: Martial Arts for Movement Tuesdays 9:15-10am 3/21 free demo 1st Session 3/28-4/25		BRING IT UP Virtual Discussion Group 3/23/2023 4/20/2023 5/18/2023
ROCK STEADY BOXING 6:15-7:15pm Level 1/2 Chrissy - Wellness	YOGA for PARKINSONS 6:30-7:30pm All level Sue - Zoom FREE	ROCK STEADY BOXING 6-7pm Level 1/2 Christine - Wellness	BRING IT UP Virtual Discussion Group 6-7pm Melanie - Zoom FREE	<i>The only cost to our Parkinson's Connection members for this class is a \$15 registration fee thanks to a grant from the Jewish Community Foundation. Class size limited to 10 participants</i>		LET'S TAKE A BREAK Caregiver Support Group 3/22/2023 4/12/2023 4/26/2023 5/10/2023
						GYROKINESIS DATES Wellness 3/25/2023 4/1/2023 4/8/2023

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

Class/Program Descriptions

Rock Steady Boxing: This non-contact boxing program promotes fitness and function in individuals with Parkinson's. Using exercises adapted from boxing training, members condition for agility, speed, endurance, coordination, and strength. RSB has also been shown to improve confidence, quality of life and energy levels.

Rock Steady Boxing – Virtual: This monthly subscription provides (6) live weekly RSB classes and unlimited access to a library of recorded classes available 24/7.

Raise Your Voice – Group Speech Therapy: This virtual class focuses on strength, loudness, and clarity of speech along with education and cognitive exercises and is provided free of charge through a community grant from the Parkinson's Foundation. Instructor: Judy Koza, licensed language speech pathologist.**

Movement & Motivation: Drums: This class uses patterns and rhythm to challenge the brain, building and strengthening neuro pathways to increase safety in movement. Offered with sitting and standing options, this class is adaptable to all levels.**

Movement & Motivation: Dance: This class (offered in-person and over Zoom) will help you explore your body's possibilities and improve your balance, flexibility, coordination, and gait. An ideal class option for those with Parkinson's and other chronic illnesses. **

Yoga for Parkinson's: Regular yoga practice can increase flexibility and balance while improving overall fitness and minimizing the tremors, atrophy, and rigidity associated with Parkinson's. Both classes are for all levels. Tuesday is virtual only**. Friday is in-person only*.

Barre for Parkinson's: This class (offered in-person and over Zoom) includes elements of Pilates, ballet, and functional training. This low impact workout allows you to move at your own pace as you find new ways to enhance your balance and endurance.

Pedaling for Parkinson's: This indoor cycling class is specifically for individuals with Parkinson's disease. Research has shown that cardio exercises, like cycling, can significantly slow the progression of Parkinson's and even temporarily reduce symptoms. Pedaling classes are part of the Parkinson's Class Pass*.

Pilates for Neurological Disorders: Specifically designed for conditions like Parkinson's, MS and stroke recovery, this class can improve strength, balance, and flexibility. Basic positions are taught in a supportive, gentle environment with an emphasis on breathing and alignment. Prior registration required; (5) participants per class.

Bring It Up: Once a month, Parkinson's Connection members assemble online for a unique community experience. Members share thoughts, ideas, and information unique to the Parkinson's experience. This program provided free of charge through a community grant from the Parkinson's Foundation.

Urban Poling Club: Also referred to as Nordic Walking, Urban Poling can improve posture, gait, and arm swing while taking some pressure off of the hips and knees. But proper technique is key! Join Coach Bill (certified Urban Poling Instructor) for this free 30 minutes of instruction on the indoor track.

Gyrokinesis for Parkinson's: This movement modality (offered in-person and over Zoom) increases flexibility of the spine and joints while expanding and elongating the body. Gentle enough for a non-mover but easily adapted for active individuals as well. Caregivers are encouraged to join!**

Let's Take a Break (Caregiver Support Group): Join others who understand the ups and downs of being a care partner to someone with Parkinson's Disease. This group will provide a forum to discuss and better understand PD symptoms while also offering effective coping strategies and tips for managing daily life.**

* Parkinson's Class Pass Cost: \$10/1 class, \$40/5 classes, \$60/10 classes

**This class is offered free of charge through a community grant from the Parkinson's Foundation.