



Weekly Parkinson's Connection Schedule

Key: **Virtual** **Free Virtual** **Indoor Class** **Hybrid** **Wellness Groups**

MONDAY 3/27	TUESDAY 3/28	WEDNESDAY 3/29	THURSDAY 3/30	FRIDAY 3/31	SATURDAY 4/1	SUNDAY 4/2
ROCK STEADY BOXING 9:15-10:15am Level 2 Chrissy - Wellness	MARTIAL ARTS 9:15-10am Chrissy - Wellness NEW CLASS!	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					
ROCK STEADY BOXING 2-3pm Level 4 Patty - Wellness		ROCK STEADY BOXING 2-3pm Level 4 Melanie - Wellness				
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 4/20/2023 5/18/2023
LET'S TAKE A BREAK Caregiver Support Group 4/12/2023 4/26/2023 5/10/2023
GYROKINESIS DATES Wellness 4/1/2023 4/8/2023

katzjcc.org/calendar

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, accuracy, coordination, footwork, and strength. RSB has also been shown to improve confidence, quality of life and energy levels.

Rock Steady Boxing – Virtual: Virtual RSB subscription gives participants access to six live Rock Steady classes each week AND 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 hybrid class uses movement patterns and rhythmic drumming to challenge the brain, building and strengthening neuropathways which increases safety in movement. This class is a sit or stand, adaptable to each individual and provided free of charge through a community grant from the Parkinson's Foundation.

Movement & Motivation: Dance: This hybrid class will help you explore your body's possibilities and improve your balance, flexibility, coordination, and gait. An ideal class for those with Parkinson's and other chronic illnesses. This class is provided free of charge through a community grant from the Parkinson's Foundation.

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. All Levels. Tuesday virtual class is provided free of charge through a grant from the Parkinson's Foundation. Friday class is part of the Parkinson's Class Pass*.

Barre for Parkinson's: This hybrid class for men and women 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 and is provided free of charge through a community grant from the Parkinson's Foundation.

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: This class, specifically designed for neurological conditions such as MS and stroke recovery, can help with improving strength, balance, and flexibility. Basic positions are taught in a supportive, gentle, fun environment with an emphasis on breathing and body alignment. Limit five 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 called Nordic Walking, Urban Poling can improve posture, gait, and arm swing while taking pressure off of the hips and knees. Join us for this free 30

Gyrokinesis for Parkinson's: This hybrid movement modality class increases flexibility of the spine and joints while expanding and elongating the body and is provided free of charge through a community grant from the Parkinson's Foundation.

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 Support Group: This community group is open to anyone affected by Parkinson's disease, including care partners, family and friends. Attendees share experiences and resources, learn from one another and enjoy a wide variety of expert guest speakers. Lunch provided.

Martial Arts for Movement: This non-contact martial art class focuses on improving movement, balance, coordination, memory and confidence. Participants will also learn self defense and TaeKwonDo forms. Supported by a grant from the Jewish Community Foundation, this class runs in 5-week sessions (\$15 registration fee per session).

** 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.*