



# Weekly Parkinson's Connection Schedule



Key: **Paid Hybrid** **Paid In-Person** **Free Virtual** **Free Hybrid** **Free Wellness**

MONDAY 5/29	TUESDAY 5/30	WEDNESDAY 5/31	THURSDAY 6/1	FRIDAY 6/2	SATURDAY 6/3	SUNDAY 6/4
<p>No Classes 5/29/23 Parkinson's Connection Closed for Memorial Day JCC Open 7am-6pm</p>	<p><b>MARTIAL ARTS for MOVEMENT</b> </p> <p>9:15-10am Chrissy - Wellness</p>	<p><b>PEDALING for PARKINSON'S</b> </p> <p>9:45-10:30am (45 mins) Melanie - JCycle</p>	<p><b>ROCK STEADY BOXING - Lvl 2</b> </p> <p>9:15-10:15am Christine - Wellness</p>		<p><b>ROCK STEADY BOXING - Lvl 2/3</b> </p> <p>10-11am Melanie - Wellness/Zoom</p>	<p>No Sunday Classes</p> <hr/> <p><b>Upcoming Classes &amp; Group Dates</b></p> <p><b>Let's Take a Break Caregiver Support Group</b> 2nd &amp; 4th Wednesdays 2-3pm • Room 201</p> <p><b>Parkinson's Community Support Group</b> 1st Wednesday (unless noted) 12-2pm • FAC 6/7/2023 7/12/2023</p> <p><b>Bring It Up Virtual Discussion Group</b> Third Thursdays 6-7pm • Zoom</p> <p><b>Gyrokinesis Dates</b> 6/3/2023 6/10/2023 6/17/2023</p>
	<p><b>URBAN POLING WALKING GROUP</b> </p> <p>10-10:30am Indoor Track</p>	<p><b>ROCK STEADY BOXING - Lvl 2/3</b> </p> <p>11am-12pm Melanie - Wellness</p>	<p><b>ROCK STEADY BOXING - Lvl 3</b> </p> <p>10:30-11:30am Christine - Wellness</p>			
	<p><b>ROCK STEADY BOXING - Lvl 2/3</b> </p> <p>10:30-11:30am Chrissy - Wellness</p>	<p><b>PILATES for NEURO</b> </p> <p>12:30-1:30pm Melanie - JPilates</p>	<p><b>HYBRID ROCK STEADY All Levels</b> </p> <p>11:45am-12:45pm Melanie - Zoom/Wellness</p>	<p><b>YOGA for PARKINSONS</b> </p> <p>6:30-7:30pm Sue - Zoom</p>	<p><b>HYBRID ROCK STEADY All Levels</b> </p> <p>11:15am-12:15pm Melanie - Zoom/Wellness</p>	
	<p><b>HYBRID ROCK STEADY All Levels</b> </p> <p>11:45am-12:45pm Melanie - Zoom</p>		<p><b>MOVEMENT &amp; MOTIVATION: DANCE</b></p> <p>1-1:45pm Patty - Wellness/Zoom</p>	<p><b>HYBRID ROCK STEADY All Levels</b> </p> <p>11:45am-12:45pm Melanie - Zoom/J360</p>	<p><b>GYROKINESIS for PARKINSON'S</b></p> <p>1-1:45pm Melanie - Wellness/Zoom</p>	
	<p><b>MOVEMENT &amp; MOTIVATION: DRUMS</b></p> <p>1-1:45pm Melanie - Wellness/Zoom</p>		<p><b>ROCK STEADY BOXING - Lvl 4</b> </p> <p>2-3pm Melanie - Wellness</p>			
		<p><b>YOGA for PARKINSONS</b> </p> <p>6:30-7:30pm Sue - Zoom</p>	<p><b>ROCK STEADY BOXING - Lvl 1/2</b> </p> <p>6-7pm Christine - Wellness</p>			

<https://katzjcc.org/fitness/wellness/parkinsons/>

## Class/Program Descriptions

**Barre for Parkinson's:** Hybrid class includes elements of Pilates, ballet, and functional training. This low impact workout allows you to move at your own pace as you find new new ways to enhance your balance and endurance and is provided free of charge through a community grant from the Parkinson's Foundation.

**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.

**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.

**Hybrid Rock Steady Boxing:** Monthly subscription gives participants access to six live Rock Steady classes each week & a library of recorded classes available 24/7.

**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.

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

**Movement & Motivation: Dance:** 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.

**Movement & Motivation: Drums:** Hybrid class uses movement patterns and rhythmic drumming to challenge the brain, building/strengthening neuropathways to increase safety in movement. Class is adaptable to each individual and provided free of charge through a community grant from the Parkinson's Foundation.

**Parkinson's Community Support Group:** This community group is open to anyone affected 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.

**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 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 5 participants per class.

**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.

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

**Urban Poling Club:** This is an informal gathering for Parkinson's Connection members interested in walking together. If you wish to try Urban Poles, we have sets you may borrow (see Megan). Also known as Nordic Walking, using poles can improve posture, gait, and arm swing while taking pressure off of the hips and knees.

**Yoga for Parkinson's:** Regular yoga practice can increase flexibility and balance while improving fitness and minimizing tremors, atrophy, and rigidity associated with Parkinson's. Tuesday virtual class is free of charge through a grant from the Parkinson's Foundation. Friday class is part of the Parkinson's Class Pass\*.

\* 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.