



Katz JCC
Cherry Hill

Weekly Parkinson's Connection Schedule



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

MONDAY 9/18	TUESDAY 9/19	WEDNESDAY 9/20	THURSDAY 9/21	FRIDAY 9/22	SATURDAY 9/23	SUNDAY 9/24
ROCK STEADY BOXING - Lvl 2	MARTIAL ARTS for MOVEMENT		ROCK STEADY BOXING - Lvl 2		ROCK STEADY BOXING - Lvl 2/3	<i>No Sunday Classes</i>
9:15-10:15am Chrissy - Wellness	9:15-10am Chrissy - Wellness		9:15-10:15am Christine - Wellness		10-11am Melanie - Wellness	
HYBRID ROCK STEADY FITNESS - All Levels	URBAN POLING WALKING GROUP	PEDALING for PARKINSON'S	ROCK STEADY BOXING - Lvl 3	YOGA for PARKINSONS		
11:15am-12:15pm Melanie - Zoom/Wellness	10-10:30am Indoor Track	9:45-10:30am Melanie - JCycle	10:30-11:30am Christine - Wellness	11:30am-12:30pm Sue - J360		
PEDALING for PARKINSON'S	ROCK STEADY BOXING - Lvl 2/3	ROCK STEADY BOXING - Lvl 2/3	HYBRID ROCK STEADY FITNESS - All Levels	HYBRID ROCK STEADY FITNESS - All Levels	HYBRID ROCK STEADY FITNESS - All Levels	
12:30-1pm Melanie - JCycle	10:30-11:30am Chrissy - Wellness/Jfit	11am-12pm Melanie - Wellness	11:45am-12:45pm Melanie - Zoom/Wellness	11:30am-12:30pm Melanie - Zoom/Wellness	11:15am-12:15pm Melanie - Zoom/Wellness	
PILATES for NEURO	HYBRID ROCK STEADY FITNESS - All Levels	PILATES for NEURO				
1:15-2:15pm Melanie - JPilates	11:45am-12:45pm Melanie - Zoom	12:30-1:30pm Melanie - JPilates				
RAISE YOUR VOICE Group Speech Therapy	MOVEMENT & MOTIVATION: DRUMS	LET'S TAKE A BREAK Caregiver Support Group	MOVEMENT & MOTIVATION: DANCE			Upcoming Classes & Group Dates
2-3pm Judy Koza - Zoom	1-1:45pm Melanie - Wellness/Zoom	2-3pm Patty - Rear Social Hall	1-1:45pm Patty - Wellness/Zoom			Let's Take a Break Caregiver Support Group 12-2pm • Varied Locations 9/20/2023 9/27/2023 <i>no meeting on Oct. 4</i>
ROCK STEADY BOXING - Lvl 4	TAI CHI for BALANCE	ROCK STEADY BOXING - Lvl 4				Parkinson's Community Support Group 12-2pm • FAC 10/4/2023 11/1/2023 12/6/2023
2-3pm Patty - Wellness	2:15-3pm Marjie - Wellness	2-3pm Melanie - Wellness				
ROCK STEADY BOXING - Lvl 1/2	YOGA for PARKINSONS	ROCK STEADY BOXING - Lvl 1/2				
6:15-7:15pm Sue (sub) - Wellness	6:30-7:30pm Sue - Zoom	6-7pm Christine - Wellness				

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

Class/Program Descriptions

Tai Chi for Balance: A beginner level class of slow flowing movements designed to address balance impairments while improving mobility and overall wellness. Class is taught with seated and standing options \$49 JCC members/\$59 Guests

Hybrid Rock Steady Fitness: Monthly subscription gives participants access to five live Rock Steady classes each week + a library of recorded classes available 24/7. Live classes may be taken over provided Zoom links or in-person in our Wellness Studio. Classes include cognitive as well as physical exercise. All levels welcome.

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. Meetings are provided free of charge through a generous grant from the Jewish Women's Foundation.

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 (\$20 reg. fee per session).

Movement & Motivation: Dance: This hybrid (offered over Zoom and in-person at the JCC) 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 grant from the Jewish Community Foundation and generous donation from the Jewish Federation of Southern New Jersey.

Movement & Motivation: Drums: This hybrid (offered over Zoom and in-person at the JCC) 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 grant from the Jewish Community Foundation and generous donation from the Jewish Federation of Southern New Jersey.

Parkinson's Community Support Group: This community group is open to anyone affected by Parkinson's disease. 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. Classes available in packages of 1/\$10 class, 5/\$40 classes, 10/\$60.

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 generous donation from the Jewish Federation of Southern New Jersey. 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 generous donation from the Jewish Federation of Southern New Jersey. Friday classes are available in packages of 1/\$10 class, 5/\$40 classes, 10/\$60.