



Katz JCC
Cherry Hill

Weekly Parkinson's Connection Schedule



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

MONDAY 11/20	TUESDAY 11/21	WEDNESDAY 11/22	THURSDAY 11/23	FRIDAY 11/24	SATURDAY 11/25	SUNDAY 11/26	
ROCK STEADY BOXING - Lvl 2 9:15-10:15am Chrissy - Wellness/Jfit	MARTIAL ARTS for MOVEMENT 9:15-10am Chrissy - Wellness/Jfit		Happy Thanksgiving No Parkinson's Connection Classes & Office Closed		ROCK STEADY BOXING - Lvl 2/3 10-11am Melanie - Wellness/Jfit		
HYBRID ROCK STEADY FITNESS - All Levels 11:15am-12:15pm Melanie - Zoom/Wellness	URBAN POLING WALKING GROUP 10-10:30am Indoor Track	PEDALING for PARKINSON'S 9:45-10:30am Melanie - JCycle		PWR! MOVES + YOGA for PARKINSON'S 11:30am-12:30pm Sue - J360 NEW CLASS!			
PEDALING for PARKINSON'S 12:30-1pm Melanie - JCycle	ROCK STEADY BOXING - Lvl 2/3 10:30-11:30am Chrissy - Wellness/Jfit	ROCK STEADY BOXING - Lvl 2/3 11am-12pm Melanie - Wellness/Jfit		HYBRID ROCK STEADY FITNESS - All Levels 11:30am-12:30pm Melanie - Zoom/Wellness	HYBRID ROCK STEADY FITNESS - All Levels 11:15am-12:15pm Melanie - Zoom/Wellness		
	HYBRID ROCK STEADY FITNESS - All Levels 11:45am-12:45pm Melanie - Zoom/Wellness	PILATES for NEURO 12:30-1:30pm Melanie - JPilates					
RAISE YOUR VOICE Group Speech Therapy 2-3pm Judy Koza - Zoom	MOVEMENT & MOTIVATION: DRUMS 1-1:45pm Melanie - Wellness/Zoom	LET'S TAKE A BREAK Caregiver Support Group 2-3pm Patty - Room 201					
ROCK STEADY BOXING - Lvl 4 2-3pm Patty - Wellness/Jfit	TAI CHI for BALANCE 2:15-3pm Marjie - Wellness	ROCK STEADY BOXING - Lvl 4 2-3pm Melanie - Wellness/Jfit					
ROCK STEADY BOXING - Lvl 1/2 6:15-7:15pm Chrissy - Wellness/Jfit	VIRTUAL YOGA for PARKINSON'S 6:30-7:30pm Sue - Zoom	ROCK STEADY BOXING - Lvl 1/2 6-7pm Christine - Wellness/Jfit					

Upcoming Classes & Group Dates

Let's Take a Break Caregiver Support Group

2-3pm • Varied Locations
 11/22 - No Meeting
 11/29 - Adult Lounge
 12/6 - No Meeting
 12/13 - Adult Lounge
 12/20 - Room 201

Parkinson's Community Support Group

12-2pm • FAC
 12/6/2023
 1/3/2024

Class/Program Descriptions

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

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

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

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

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

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

PWR! Moves + Yoga for Parkinson's: PWR! Moves are Parkinson's-specific exercises that help maintain and restore skills that aid everyday movements. Yoga for Parkinson's improves balance, reduces anxiety, builds strength, and creates a sense of wellbeing. Combining these two practices gives you a truly unique class experience that will aid your physical and mental wellbeing. Classes are available in packages of 1/\$10 class, 5/\$40 classes, 10/\$60.

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 donation from the Jewish Federation of Southern New Jersey. Instructor: Judy Koza, licensed language

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

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. This fully virtual class (Tuesday evenings) is offered free of charge through a generous donation from the Jewish Federation

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

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. Also known as Nordic Walking, using poles can improve posture, gait, and arm swing while taking pressure off of the hips and