



# Weekly Parkinson's Connection Schedule



Key: **Paid Hybrid** **Paid In-Person** **Free Virtual/Hybrid** **New Offering** **Free Wellness**

\*class runs on a 4 or 6-week session passes; not class passes

MONDAY 1/29	TUESDAY 1/30	WEDNESDAY 1/31	THURSDAY 2/1	FRIDAY 2/2	SATURDAY 2/3	SUNDAY 2/4
<b>ROCK STEADY BOXING - Lvl 2</b> 9:15-10:15am Chrissy - Wellness/Jfit	<b>MARTIAL ARTS for MOVEMENT*</b> 9:15-10am Chrissy - Wellness		<b>ROCK STEADY BOXING - Lvl 2</b> 9:15-10:15am Christine - Wellness/Jfit		<b>ROCK STEADY BOXING - Lvl 2/3</b> 10-11am Melanie - Wellness/Jfit	
<b>HYBRID ROCK STEADY FITNESS - All Levels</b> 11:15am-12:15pm Melanie - Zoom/Wellness	<b>URBAN POLING WALKING GROUP</b> 10-10:30am Indoor Track	<b>ROCK STEADY BOXING - Lvl 2/3</b> 11am-12pm Melanie - Wellness/Jfit	<b>ROCK STEADY BOXING - Lvl 3</b> 10:30-11:30am Christine - Wellness/Jfit	<b>PWR! MOVES + YOGA for PARKINSON'S</b> 11:30am-12:30pm Sue - J360		
<b>PEDALING for PARKINSON'S</b> 12:30-1:15pm Melanie - JCycle	<b>ROCK STEADY BOXING - Lvl 2/3</b> 10:30-11:30am Chrissy - Wellness/Jfit		<b>HYBRID ROCK STEADY FITNESS - All Levels</b> 11:45am-12:45pm Melanie - Zoom/Wellness	<b>HYBRID ROCK STEADY FITNESS - All Levels</b> 11:30am-12:30pm Melanie - Zoom/Wellness	<b>HYBRID ROCK STEADY FITNESS - All Levels</b> 11:15am-12:15pm Melanie - Zoom/Wellness	
<b>RAISE YOUR VOICE Group Speech Therapy</b> 2-3pm Judy Koza - Zoom	<b>HYBRID ROCK STEADY FITNESS - All Levels</b> 11:45am-12:45pm Melanie - Zoom/Wellness	<b>*Neuro Reformer</b> 12:30-1:30pm Melanie - JPilates		<b>*Dance for PD®</b> 1:00-2:00pm Judith Sachs -Wellness <b>Special 4-Week Class</b>		<b>Let's Take a Break Caregiver Support Group</b> Wednesdays, 2-3pm <b>Adult Lounge</b> 1/24/2024 1/31/2024 2/7/2024 2/14/2024
	<b>MOVEMENT &amp; MOTIVATION: DRUMS</b> 1-1:45pm Melanie - Wellness/Zoom	<b>LET'S TAKE A BREAK Caregiver Support Group</b> 2-3pm Patty - Adult Lounge	<b>MOVEMENT &amp; MOTIVATION: DANCE</b> 1-1:45pm Patty - Wellness/Zoom			<b>Next Parkinson's Community Support Group Wednesday, 2/7, 12-2pm Back of Social Hall</b> Dr. Casey Halpern, neurosurgeon at Penn Medicine, will speak about deep brain stimulation. RSVP to Myra at: smhirsch35@comcast.net
	<b>*TAI CHI for BALANCE</b> 2:15-3pm Marjie - Wellness	<b>ROCK STEADY BOXING - Lvl 4</b> 2-3pm Melanie - Wellness/Jfit	 February is Healthy Heart Month! Watch for special classes and promotions all month long. 			
<b>ROCK STEADY BOXING - Lvl 1/2</b> 6:15-7:15pm Chrissy - Wellness/Jfit	<b>VIRTUAL YOGA for PARKINSON'S</b> 6:30-7:30pm Sue - Zoom	<b>ROCK STEADY BOXING - Lvl 1/2</b> 6-7pm Christine - Wellness/Jfit				

Four Fabulous February Fridays   
Join certified Dance for PD® instructor Judith Sachs for a special 4-week series



Fridays, Feb 2, 9, 16, 23  
Wellness Studio, 1-2pm  
\$35 JCC Members/\$45 Guests

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

## **Class/Program Descriptions**

**Dance for PD™:** Join Certified Dance for PD® instructor Judith Sachs for Four Fridays in February at 1pm for an internationally acclaimed program with music and moves you will love! Caregivers welcome to participate. Registration fee: \$35 JCC members/\$45 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

**Let's Take a Break (Caregiver Support Group):** 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

**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

**Neuro Reformer:** 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

**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

**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

**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. Registration fee: \$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