



Weekly Parkinson's Connection Schedule



Key: Paid Hybrid Paid In-Person Free Virtual/Hybrid Free Wellness *class runs on a 4 or 6-week session passes; not class passes

MONDAY 2/12	TUESDAY 2/13	WEDNESDAY 2/14	THURSDAY 2/15	FRIDAY 2/16	SATURDAY 2/17	SUNDAY 2/18
ROCK STEADY BOXING - Lvl 2 9:15-10:15am Chrissy - Wellness/Jfit	MARTIAL ARTS for MOVEMENT* 9:15-10am Chrissy - Wellness		ROCK STEADY BOXING - Lvl 2 9:15-10:15am Christine - Wellness/Jfit		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	ROCK STEADY BOXING - Lvl 2/3 11am-12pm Melanie - Wellness/Jfit	ROCK STEADY BOXING - Lvl 3 10:30-11:30am Christine - Wellness/Jfit	PWR! MOVES + YOGA for PARKINSON'S 11:30am-12:30pm Sue - J360 FREE DEMO		
PEDALING for PARKINSON'S 12:30-1:15pm Melanie - JCycle FREE DEMO	ROCK STEADY BOXING - Lvl 2/3 10:30-11:30am Chrissy - Wellness/Jfit	*Neuro Reformer 12:30-1:30pm Melanie - JPilates	HYBRID ROCK STEADY FITNESS - All Levels 11:45am-12:45pm Melanie - Zoom/Wellness	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	
RAISE YOUR VOICE Group Speech Therapy 2-3pm Judy Koza - Zoom	HYBRID ROCK STEADY FITNESS - All Levels 11:45am-12:45pm Melanie - Zoom/Wellness					
	MOVEMENT & MOTIVATION: DRUMS 1-1:45pm Melanie - Wellness/Zoom	LET'S TAKE A BREAK Caregiver Support Group 2-3pm Patty - Adult Lounge	MOVEMENT & MOTIVATION: DANCE 1-1:45pm Patty - Wellness/Zoom			Let's Take a Break Caregiver Support Group Wednesdays, 2-3pm Adult Lounge 2/14/2024 2/21/2024 2/28/2024 3/6/2024
	*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				Next Parkinson's Community Support Group Wednesday, 2/7, 12-2pm Back of Social Hall Dr. Casey Halpern, neurosurgeon at Penn Medicine, will speak about deep brain stimulation. RSVP to Myra at: smhirsch35@comcast.net

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

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): 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