



# Weekly Parkinson's Connection Schedule



Key: **Paid Hybrid** **Paid In-Person** **Free Virtual/Hybrid** **Free Wellness** \*class runs in 6-week sessions; not class passes

MONDAY 3/18	TUESDAY 3/19	WEDNESDAY 3/20	THURSDAY 3/21	FRIDAY 3/22	SATURDAY 3/23	SUNDAY 3/24
<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 2/3</b>  11:00am-12:00pm Melanie - Wellness/Jfit	<b>ROCK STEADY BOXING - Lvl 2</b>  9:15-10:15am Christine - Wellness/Jfit		<b>ROCK STEADY BOXING - Lvl 2/3</b>  10:00-11:00am Melanie - Wellness/Jfit	
<b>HYBRID ROCK STEADY FITNESS - All Levels</b>  11:15am-12:15pm Melanie - Zoom/Wellness	<b>URBAN POLING WALKING GROUP</b>  10:00-10:30am Indoor Track	<b>*Neuro Reformer</b>  12:30-1:30pm Melanie -JPilates	<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>  2:00-3:00pm Judy Koza - Zoom	<b>HYBRID ROCK STEADY FITNESS - All Levels</b>  11:45am-12:45pm Melanie - Zoom/Wellness	<b>LET'S TAKE A BREAK Caregiver Support Group</b>  2:00-3:00pm Patty -Adult Lounge				<b>Let's Take a Break Caregiver Support Group Wednesdays, 2-3pm Adult Lounge</b> 3/20/2024 3/27/2024 4/3/2024 4/10/2024
	<b>MOVEMENT &amp; MOTIVATION: DRUMS</b>  1-1:45pm Melanie - Wellness/Zoom	<b>ROCK STEADY BOXING - Lvl 4</b>  2:00-3:00pm Melanie - Wellness/Jfit	<b>MOVEMENT &amp; MOTIVATION: DANCE</b>  1-1:45pm Patty - Wellness/Zoom			
	<b>*TAI CHI for BALANCE</b>  2:15-3pm Marjie - Wellness					
<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>  6:00-7:00pm Chrissy - Wellness/Jfit				<b>Parkinson's Community Group Wednesday, April 3, 12-2pm, Back of Social Hall</b> Help us kick off Parkinson's Awareness month by getting to know the members of our group better. Make new connections, share resources and enjoy a special lunch provided by our wonderful sponsors.

## **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 virtually or in-person (Wellness Studio). Classes follow the Rock Steady curriculum. All levels welcome.

**Let's Take a Break (Caregiver Support Group):** Open to anyone caring for a person with PD. Discuss and better understand PD symptoms while sharing coping strategies and tips to manage daily life. Meetings are 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 balance, coordination, memory, and confidence. Members learn self-defense and Taekwondo forms. Supported by a grant from the Jewish Community Foundation, this class runs in 6-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 neuromuscular pathways 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.

**Neuro Reformer:** Specifically designed for neurological conditions (MS, PD, stroke recovery, etc.) this class can improve strength, balance, flexibility, and cognition. Basic positions are taught in a gentle environment with an emphasis on breathing and body alignment. Limit 5 participants per class.

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

**Pedaling for Parkinson's:** This evidence-based cardio class can significantly slow the progression of Parkinson's and even temporarily reduce symptoms. Classes run in 6-week sessions: \$59 JCC Members/\$79 Guests.

**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. Friday Class: \$59 JCC Members/\$79 Guests per 6-week session. Tuesday Virtual Yoga: Free thanks to a generous gift from the Jewish Federation of Southern New Jersey.

**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.

**Rock Steady Boxing:** This non-contact class promotes fitness and function in individuals with Parkinson's. Using exercises adapted from boxing training, we condition for agility, speed, endurance, coordination, and strength while also improving confidence and 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: \$59 JCC members/\$79 Guests per 6-week session.

**Urban Poling Club:** 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. Using poles can improve posture, gait, and arm swing while taking pressure off of the hips and knees.