



Katz JCC
Cherry Hill

Weekly Parkinson's Connection Schedule



PARKINSON'S
CONNECTION
KATZ JCC, CHERRY HILL, NJ

Key:

Paid Hybrid

Paid In-Person

Free Virtual/Hybrid

Free Wellness

**class runs in 6-week sessions;
not class passes*

MONDAY 8/26	TUESDAY 8/27	WEDNESDAY 8/28	THURSDAY 8/29	FRIDAY 8/30	SATURDAY 8/31	SUNDAY 9/1
ROCK STEADY BOXING - Lvl 2	*MARTIAL ARTS For MOVEMENT		ROCK STEADY BOXING - Lvl 2			
9:15-10:15am Chrissy - Wellness/Jfit	9:15-10am Chrissy - Wellness <i>Class 4 of 6</i>		9:15-10:15am Christine - Wellness/Jfit			
	URBAN POLING WALKING GROUP	ROCK STEADY BOXING - Lvl 2/3	ROCK STEADY BOXING - Lvl 3		ROCK STEADY BOXING - Lvl 2/3	
	10-10:30am Indoor Track	11am-12pm Melanie - Wellness/Jfit	10:30-11:30am Christine - Wellness/Jfit		10-11am Melanie - Wellness/Jfit	
HYBRID ROCK STEADY FITNESS - All Levels	ROCK STEADY BOXING - Lvl 2/3	*Neuro Reformer		HYBRID ROCK STEADY FITNESS - All Levels	HYBRID ROCK STEADY FITNESS - All Levels	
11:15am-12:15pm Melanie - Zoom/Wellness	10:30-11:30am Chrissy - Wellness/Jfit	12:30-1:30pm Melanie - JPilates <i>Class 5 of 6</i>		11:30am-12:30pm Melanie - Zoom/Wellness	11:15am-12:15pm Melanie - Zoom/Wellness	
*PEDALING for PARKINSON'S	HYBRID ROCK STEADY FITNESS - All Levels	PARKINSON'S COMMUNITY GROUP				Let's Take a Break Caregiver Support Group Wednesdays, 2-3pm
12:30-1:15pm Melanie - JCycle <i>Class 4 of 6</i>	11:45am-12:45pm Melanie - Zoom/Wellness	12-2pm All Invited - Back Social Hall				8/28 - Party Room 9/4 - Party Room
RAISE YOUR VOICE Virtual Speech Therapy	MOVEMENT & MOTIVATION: DRUMS	LET'S TAKE A BREAK Caregiver Support Group	MOVEMENT & MOTIVATION: DANCE			
2-3pm Judy Koza - Zoom	1-1:45pm Melanie - Wellness/Zoom	2-3pm Patty - Party Room	1-1:45pm Patty - Wellness/Zoom			
*Neuro Reformer		ROCK STEADY BOXING - Lvl 4	HYBRID ROCK STEADY FITNESS - All Levels			Parkinson's Community Group Wednesday, Sept. 4, 12-2pm, Back of Social Hall
3:30-4:30pm Melanie - JPilates <i>Class 4 of 6</i>		2-3pm Melanie - Wellness/Jfit	2-3pm Melanie - Zoom/Wellness			Join us for our next Parkinson's Community Support Group meeting where we will hear from Parkinson's Council CEO Wendy Lewis about Parkinson's programming and events in the Philadelphia area. RSVP by 8/29 to Myra Hirschhorn at smhirsch35@comcast.net
ROCK STEADY BOXING - Lvl 1/2	VIRTUAL YOGA for PARKINSON'S	ROCK STEADY BOXING - Lvl 1/2				
6:15-7:15pm Chrissy - Wellness/Jfit	6:30-7:30pm Sue - Zoom	6:15-7:15pm Chrissy - Wellness/Jfit				

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