



Katz JCC
Cherry Hill

Parkinson's Connection Weekly 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 10/14 | TUESDAY 10/15 | WEDNESDAY 10/16 | THURSDAY 10/17 | FRIDAY 10/18 | SATURDAY 10/19 | SUNDAY 10/20 | |
|--|--|--|--|--|--|--|---|
| ROCK STEADY BOXING - Lvl 2 | *MARTIAL ARTS For MOVEMENT | ROCK STEADY BOXING - Lvl 2/3 | ROCK STEADY BOXING - Lvl 2 | | | | |
| 9:15-10:15am Chrissy - Wellness/Jfit | 9:15-10am Chrissy - Wellness <i>Class 6 of 6</i> | 11am-12pm Melanie - Wellness/Jfit | 9:15-10:15am Christine - Wellness/Jfit | | | | |
| | URBAN POLING WALKING GROUP | *NEURO REFORMER Reformer-Based Pilates for Neurological Issues | ROCK STEADY BOXING - Lvl 3 | | ROCK STEADY BOXING - Lvl 2/3 | | |
| | 10-10:30am Indoor Track | 12:30-1:30pm Melanie - JPilates <i>Class 5 of 6</i> | 10:30-11:30am Christine - Wellness/Jfit | | 10-11am Melanie - Wellness/Jfit | | |
| HYBRID ROCK STEADY FITNESS - All Levels | ROCK STEADY BOXING - Lvl 2/3 | Katz JCC Closes at 3pm <i>No Parkinson's Connection classes after 1:30pm</i> | HYBRID ROCK STEADY FITNESS - All Levels | 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 | | 11:45am-12:45pm Melanie - Zoom/Wellness | 11:45am-12:30pm Melanie - Zoom/Wellness | 11:15am-12:15pm Melanie - Zoom/Wellness | | |
| *PEDALING for PARKINSON'S | HYBRID ROCK STEADY FITNESS - All Levels | | MOVEMENT & MOTIVATION: DANCE | | | | Let's Take a Break Caregiver Support Group Wednesdays, 2-3pm |
| 12:30-1:15pm Melanie - JCycle <i>Class 5 of 6</i> | 11:45am-12:45pm Melanie - Zoom/Wellness | | 1-1:45pm Patty - Wellness/Zoom | | | 10/16 - no meeting (<i>building closing early</i>) 10/23 - Adult Lounge | |
| RAISE YOUR VOICE Virtual Speech Therapy | MOVEMENT & MOTIVATION: DRUMS | LET'S TAKE A BREAK Caregiver Support Group | Katz JCC Closed All Day Thursday | | | | |
| 2-3pm Judy Koza - Zoom | 1-1:45pm Melanie - Wellness/Zoom | 2-3pm Patty - Adult Lounge | | | | | |
| *NEURO REFORMER Reformer-Based Pilates for Neurological Issues | | ROCK STEADY BOXING - Lvl 4 | | | | | |
| 3:30-4:30pm Melanie - JPilates <i>Class 3 of 6</i> | | 2-3pm Melanie - Wellness/Jfit | | | | | |
| 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 | | | | | |

Parkinson's Community Group
Wednesday,
Nov. 6, 12-2pm

Next month, we will be joined by Dr. Kevin Hines, neurosurgeon at Jefferson. Dr. Hines will speak and answer questions about Deep Brain Stimulation. RSVP by 10/2 to Myra Hirschhorn at smhirsch35@comcast.net.

Class/Program Descriptions

Hybrid Rock Steady Fitness: Monthly subscription gives provides five live Rock Steady classes each week + a library of recorded classes available 24/7. Live classes may be taken over Zoom or in-person in our Wellness Studio. Classes include cognitive as well as physical exercise. All levels welcome.

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 learn self defense and TaeKwonDo forms. Supported by a grant from the Jewish Community Foundation. Six-week sessions: \$20 JCC

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 neuropathways 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 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: A community group open to anyone affected affected by parkinson's disease, including caregivers, care partners, family and friends. Guest speakers include experts in various fields relating to PD. Lunch provided. We kindly ask for RSVPs one week prior.

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. Six-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. Six-week sessions: \$59 JCC members/\$79 Guests.

Raise Your Voice – Group Speech Therapy: This virtual class focuses on strength, loudness, and clarity of speech along with education and cognitive exercises. 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. Six-week sessions \$59 JCC Members/\$79 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