



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 11/11	TUESDAY 11/12	WEDNESDAY 11/13	THURSDAY 11/14	FRIDAY 11/15	SATURDAY 11/16	SUNDAY 11/17
<b>ROCK STEADY BOXING - Lvl 2</b>	<b>*MARTIAL ARTS For MOVEMENT</b>	<b>ROCK STEADY BOXING - Lvl 2/3</b>	<b>ROCK STEADY BOXING - Lvl 2</b>			
9:15-10:15am Chrissy - Wellness/Jfit	9:15-10am Chrissy - Wellness <i>Class 3 of 6</i>	11am-12pm Melanie - Wellness/Jfit	9:15-10:15am Christine - Wellness/Jfit			
	<b>URBAN POLING WALKING GROUP</b>	<b>*NEURO REFORMER</b> Reformer-Based Pilates for Neurological Issues	<b>ROCK STEADY BOXING - Lvl 3</b>		<b>ROCK STEADY BOXING - Lvl 2/3</b>	
	10-10:30am Indoor Track	12:30-1:30pm Melanie - JPilates <i>Class 3 of 6</i>	10:30-11:30am Christine - Wellness/Jfit	<b>*PWR! MOVES + YOGA FLOW</b>	10-11am Melanie - Wellness/Jfit	
<b>HYBRID ROCK STEADY FITNESS - All Levels</b>	<b>ROCK STEADY BOXING - Lvl 2/3</b>		<b>HYBRID ROCK STEADY FITNESS - All Levels</b>	11-11:45am Sue - Wellness/Zoom <i>Class 2 of 8</i>	<b>HYBRID ROCK STEADY FITNESS - All Levels</b>	
11:15am-12:15pm Melanie - Zoom/Wellness	10:30-11:30am Chrissy - Wellness/Jfit		11:45am-12:45pm Melanie - Zoom/Wellness	<b>HYBRID ROCK STEADY FITNESS - All Levels</b>	11:15am-12:15pm Melanie - Zoom/Wellness	
<b>*PEDALING for PARKINSON'S</b>	<b>HYBRID ROCK STEADY FITNESS - All Levels</b>	<b>LET'S TAKE A BREAK</b> Caregiver Support Group		12:00-1:00pm Melanie - Zoom/Wellness		<b>Let's Take a Break</b> Caregiver Support Group Wednesdays, 2-3pm
12:30-1:15pm Melanie - JCycle <i>Class 2 of 9</i>	11:45am-12:45pm Melanie - Zoom/Wellness	2-3pm Patty - Room 201				11/13 - Room 201 11/20 - Room 201 11/27 - Room 201 12/4 - Room 201
<b>RAISE YOUR VOICE</b> Virtual Speech Therapy	<b>MOVEMENT &amp; MOTIVATION: DRUMS</b>	<b>ROCK STEADY BOXING - Lvl 4</b>	<b>MOVEMENT &amp; MOTIVATION: DANCE</b>			
2-3pm Judy Koza - Zoom	1-1:45pm Melanie - Wellness/Zoom	2-3pm Melanie - Wellness/Jfit	1-1:45pm Patty - Wellness/Zoom			
	<b>ADAPTED TANGO w/ The Tango Project</b>					
	4-5:30pm TTP - Wellness					
<b>ROCK STEADY BOXING - Lvl 1/2</b>	<b>VIRTUAL YOGA for PARKINSON'S</b>	<b>ROCK STEADY BOXING - Lvl 1/2</b>				<b>Parkinson's Community Group</b> Wednesday, Dec. 4, 12-2pm Back of Social Hall
6:15-7:15pm Chrissy - Wellness/Jfit	6:30-7:30pm Sue - Zoom	6:15-7:15pm Chrissy - Wellness/Jfit				Dr. Tsao-Wei L'iang, Director of Jefferson Health's Comprehensive Parkinson's Disease & Movement Disorders Center will speak and answer questions about genetic aspects of PD. RSVP by 11/25 to Myra Hirschhorn at smhirsch35@comcast.net.

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