



**Katz JCC**  
Cherry Hill

Key:

**Paid Hybrid**

**Paid In-Person**

**Free Virtual/Hybrid**

**Free Wellness**

*\* class runs in 6- or 8-week sessions; not class passes*



**PARKINSON'S CONNECTION**  
KATZ JCC, CHERRY HILL, NJ

# Parkinson's Connection Weekly Schedule

MONDAY 2/3	TUESDAY 2/4	WEDNESDAY 2/5	THURSDAY 2/6	FRIDAY 2/7	SATURDAY 2/8	SUNDAY 2/9
<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 <i>Class 1 of 6</i>	<b>ROCK STEADY BOXING - Lvl 2/3</b> 11am-12pm Melanie - Wellness/Jfit	<b>ROCK STEADY BOXING - Lvl 2</b> 9:15-10:15am Christine - Wellness/Jfit			<b>Family Day at the Katz JCC!</b> <b>10am-2pm</b> Fun Activities for the whole family!
	<b>URBAN POLING WALKING GROUP</b> 10-10:30am Indoor Track	<b>*NEURO REFORMER</b> 12:30-1:30pm Melanie - JPilates <i>Class 1 of 6</i>	<b>ROCK STEADY BOXING - Lvl 3</b> 10:30-11:30am Christine - Wellness/Jfit	<b>*PWR! MOVES + YOGA FLOW</b> 11-11:45am Sue - Wellness/Zoom <i>Class 4 of 8</i>	<b>ROCK STEADY BOXING - Lvl 2/3</b> 10-11am Melanie - Wellness/Jfit	
<b>HYBRID ROCK STEADY FITNESS - All Levels</b> 11:15am-12:15pm Melanie - Zoom/Wellness	<b>ROCK STEADY BOXING - Lvl 2/3</b> 10:30-11:30am Chrissy - Wellness/Jfit	<b>PARKINSON'S COMMUNITY GROUP</b> 12-2pm All Invited - Back Social Hall	<b>HYBRID ROCK STEADY FITNESS - All Levels</b> 11:45am-12:45pm Melanie - Zoom/Wellness	<b>HYBRID ROCK STEADY FITNESS - All Levels</b> 12:00-1:00pm Melanie - Zoom/Wellness	<b>HYBRID ROCK STEADY FITNESS - All Levels</b> 11:15am-12:15pm Melanie - Zoom/Wellness	<b>Let's Take a Break</b> Caregiver Support Group <b>Wednesdays, 2-3pm</b> 2/5 - Room 201 2/12 - Room 201 2/19 - Room 201 2/26 - Room 201
<b>*PEDALING for PARKINSON'S</b> 12:30-1:15pm Melanie - JCycle <i>Class 4 of 8</i>	<b>HYBRID ROCK STEADY FITNESS - All Levels</b> 11:45am-12:45pm Melanie - Zoom/Wellness	<b>LET'S TAKE A BREAK</b> Caregiver Support Group 2-3pm Patty - Room 201				
<b>RAISE YOUR VOICE</b> Virtual Speech Therapy 2-3pm Judy Koza - Zoom	<b>*NEURO REFORMER</b> 2:30-3:30pm Melanie - JPilates <i>Class 6 of 6</i>	<b>ROCK STEADY BOXING - Lvl 4</b> 2-3pm Melanie - Wellness/Jfit				<b>Parkinson's Community Group</b> <b>Wednesday, Feb. 5, 12-2pm</b> Back of Social Hall  Our special guest speaker will be Dr. Jill Farmer, movement disorder specialist neurologist and owner/founder of Boro Neurology. She will discuss Crexont® from Amneal Pharmaceuticals (an extended-release carbidopa and levodopa). Lunch provided. Kindly respond by 1/23/25 to smhirsch35@comcast.net.
<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> 6:15-7:15pm Chrissy - Wellness/Jfit				

## **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

**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

**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

**Parkinson's Community Group:** A community group open to anyone 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

**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

**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

**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 speech pathologist.

**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 and energy levels.

**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