



Katz JCC
Cherry Hill

Key:

Paid Hybrid

Paid In-Person

Stept to Wellness

Free Wellness

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



PARKINSON'S
CONNECTION
KATZ JCC, CHERRY HILL, NJ

Parkinson's Connection Weekly Schedule

MONDAY 12/15	TUESDAY 12/16	WEDNESDAY 12/17	THURSDAY 12/18	FRIDAY 12/19	SATURDAY 12/20	SUNDAY 12/21
ROCK STEADY BOXING - Lvl 2 9:15-10:15am Chrissy - Wellness/Jfit	*MARTIAL ARTS for MOVEMENT 9:15-10am Chrissy - Wellness <i>Class 4 of 6</i>	ROCK STEADY BOXING - Lvl 3 11am-12pm Melanie - Wellness/Jfit	ROCK STEADY BOXING - Lvl 2 9:15-10:15am Chrissy - Wellness/Jfit			PROGRAM NOTE: Tai Chi for Balance is leaving the schedule for the month of December ONLY. It will return in January 2026. Registration is now open for the Jan/Feb class with many spots still available.
	ROCK STEADY BOXING - Lvl 3 10:30-11:30am Chrissy - Wellness/Jfit	*NEURO REFORMER 12:30-1:30pm Melanie - JPilates <i>Class 6 of 6</i>	ROCK STEADY BOXING - Lvl 3 10:30-11:30am Chrissy - Wellness/Jfit			
HYBRID ROCK STEADY FITNESS - All Levels 11:15am-12:15pm Melanie-Wellness/Zoom	HYBRID ROCK STEADY FITNESS - All Levels 11:45am-12:45pm Melanie-Wellness/Zoom			HYBRID YOGA for PARKINSON'S 11:00-11:45am Sue - Wellness/Zoom	ROCK STEADY BOXING - Lvl 2/3 10-11am Melanie - Wellness/Jfit	
PEDALING for PARKINSON'S 12:30-1:15pm Melanie - JCycle	*RHYTHM & DRUMMING (Adult Department) 1-1:45pm Melanie - Wellness	LET'S TAKE A BREAK Caregiver Support Group 2:00-3:00pm Back Social Hall	HYBRID ROCK STEADY FITNESS - All Levels 11:45am-12:45pm Melanie-Wellness/Zoom	HYBRID ROCK STEADY FITNESS - All Levels 12:00-1:00pm Melanie-Wellness/Zoom	HYBRID ROCK STEADY FITNESS - All Levels 11:15am-12:15pm Melanie-Wellness/Zoom	Let's Take a Break Caregiver Support Group Wednesdays, 2-3pm 12/17 - Back Social Hall <i>No Group 12/24 & 12/31</i>
Vocal Connections Virtual Speech Therapy 2:00-3:00pm Sophia Apgar - Zoom	*NEURO REFORMER 2:30-3:30pm Melanie - JPilates <i>Class 6 of 6</i>	ROCK STEADY BOXING - Lvl 4 2:00-3:00pm Melanie - Wellness				PD COMMUNITY SUPPORT GROUP Wednesday, 1/7 12-2:00pm Back Social Hall
ROCK STEADY BOXING - Lvl 2 5-6pm Chrissy - Wellness/Jfit		PING PONG for PARKINSON'S 4:00-5:00pm Chrissy - FAC	MINDFUL BALANCE 1:00-2:00pm Patty - Wellness			
ROCK STEADY BOXING - Lvl 1/2 6:15-7:15pm Chrissy - Wellness/Jfit		ROCK STEADY BOXING - Lvl 1/2 5:15-6:15pm Chrissy - Wellness				

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