



Katz JCC
Cherry Hill

Key:

Paid Hybrid

Paid In-Person

Steps to Wellness

Free Wellness

** classes that run in
continuing 6-week sessions*



PARKINSON'S
CONNECTION
KATZ JCC, CHERRY HILL, NJ

Parkinson's Connection Weekly Schedule

MONDAY 1/5	TUESDAY 1/6	WEDNESDAY 1/7	THURSDAY 1/8	FRIDAY 1/9	SATURDAY 1/10	SUNDAY 1/11
ROCK STEADY BOXING - Lvl 2 9:15-10:15am Chrissy - Wellness/Jfit	*MARTIAL ARTS for MOVEMENT 9:15-10am Chrissy - Wellness <i>Class 6 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			
	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	*NEURO REFORMER 12:30-1:30pm Melanie - JPilates <i>Class 1 of 6</i>	ROCK STEADY BOXING - Lvl 3 10:30-11:30am Chrissy - Wellness/Jfit	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	*Tai Chi for Balance 2:00-2:45pm Marjie -Wellness <i>Class 1 of 6</i>	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 1/7 - Front Social Hall 1/14 - Back Social Hall 1/21 - Back Social Hall
Vocal Connections Virtual Speech Therapy 2:00-3:00pm Sophia Apgar - Zoom	*NEURO REFORMER 2:30-3:30pm Melanie -JPilates <i>Class 1 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 5:00-6:00pm 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				

Join us in January to learn more about how to access durable medical equipment and how it can potentially help with safety, mobility, and quality of life.
Kindly RSVP to Myra (myrahirschhorn@icloud.com) if you plan to attend so that we can have an accurate count for lunch by Wed., December 31.

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

Class/Program Descriptions

Big for Life: A group class for those who have completed the full LSVT BIG® treatment protocol. Tune up you moves or make them even bigger while also making daily life easier. *Supported by a community grant from the Parkinson's Foundation. Free for Steps to Wellness members/\$20 JCC members/\$30*

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.

Hybrid Yoga for Parkinson's: This gentle, adaptable yoga class has been shown to improve balance, reduce anxiety, build strength, and create a sense of wellbeing. Supported by a community grant from the Parkinson's Foundation as a part of the Steps to Wellness Program: (5) weekly classes for \$20

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. *Six-week sessions: \$59 JCC Members / \$69 Guests.*

Mindful Balance: Regain control and move with confidence by focusing on posture, balance, and body awareness. *Supported by a community grant from the Parkinson's Foundation as a part of the Steps to Wellness Program: (5) weekly classes for \$20 JCC Member/\$30 Guests.*

Neuro Reformer: Designed for those with neurological conditions such as PD, MS and stroke recovery, this class can help to improve your strength, balance, and flexibility with basic positions taught in a supportive, gentle environment with an emphasis on breathing and alignment. Speak to Melanie about a trial class. *NOTE: Max of five participants per session. Six-week sessions \$120 JCC members / \$150 Guests.*

Pedaling for Parkinson's: This indoor cycling class is specifically for individuals with Parkinson's disease. Research has shown that cycling can significantly slow the progression of Parkinson's and even temporarily reduce symptoms. *Supported by a community grant from the Parkinson's Foundation as a part of the Steps to Wellness Program: (5) weekly classes for \$20 JCC Member / \$30 Guests.*

Ping Pong for Parkinson's: Combine movement, socialization, and FUN, while increasing coordination and balance. *Supported by a community grant from the Parkinson's Foundation as a part of the Steps to Wellness Program: (5) weekly classes for \$20 JCC Member / \$30 Guests.*

Rhythm & Drumming: This chair-based class, run by the Older Adult Department, combines music and rhythm with hand-eye coordination and pattern recognition for a fun boost to your energy as well as your brain function! *Six-week sessions: \$60 JCC Members/\$72 Guests.*

Raise Your Voice – Virtual Group Speech Therapy: This virtual class focuses on strength, loudness, and clarity of speech along with education and cognitive exercises. Instructor: Judy Koza, licensed language speech pathologist. *Classes are supported by a community grant from the Parkinson's Foundation as a part of the Steps to Wellness Program: (5) weekly classes for \$20 JCC Member / \$30 Guests.*

Rock Steady Boxing: 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, energy, and quality of

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.*