



Katz JCC  
Cherry Hill

# Parkinson's Connection Weekly Schedule



PARKINSON'S  
CONNECTION  
KATZ JCC, CHERRY HILL, NJ

Key:

Hybrid PD Class

In-Person PD Class

Specialized Fitness

Steps to Wellness

Free Wellness

MONDAY 6/29	TUESDAY 6/30	WEDNESDAY 7/1	THURSDAY 7/2	FRIDAY 7/3	SATURDAY 7/4	SUNDAY 7/5
<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 4 of 6</i>	<b>ROCK STEADY BOXING - Lvl 3</b> 11:00am-12:00pm Melanie - Wellness/Jfit	<b>ROCK STEADY BOXING - Lvl 2</b> 9:15-10:15am Chrissy - Wellness/Jfit			
<b>HYBRID ROCK STEADY FITNESS - All Levels</b> 11:15am-12:15pm Melanie-Wellness/Zoom	<b>ROCK STEADY BOXING - Lvl 3</b> 10:30-11:30am Chrissy - Wellness/Jfit	<b>*NEURO REFORMER</b> 12:30-1:30pm Melanie -JPilates <i>Class 2 of 6</i>	<b>ROCK STEADY BOXING - Lvl 3</b> 10:30-11:30am Chrissy - Wellness/Jfit			
<b>PEDALING for PARKINSON'S</b> 12:30-1:15pm Melanie - JCycle <i>Adaptive Floor Pedals Now Available</i>	<b>HYBRID ROCK STEADY FITNESS - All Levels</b> 11:45am-12:45pm Melanie-Wellness/Zoom		<b>HYBRID ROCK STEADY FITNESS - All Levels</b> 11:45am-12:45pm Melanie-Wellness/Zoom	<b>HYBRID YOGA for PARKINSON'S</b> 11:00-11:45am Sue - Wellness/Zoom	<b>ROCK STEADY BOXING - Lvl 2/3</b> 10:00-11:00am Melanie - Wellness/Jfit	
	<b>*TAI CHI FOR BALANCE</b> 2:00-2:45pm Marjie -Wellness <i>Class 4 of 6</i>	<b>Collaborative Caregiver Support Group</b> 2:00-3:00pm Back Social Hall		<b>HYBRID ROCK STEADY FITNESS - All Levels</b> 12:00-1:00pm Melanie-Wellness/Zoom	<b>HYBRID ROCK STEADY FITNESS - All Levels</b> 11:15am-12:15pm Melanie-Wellness/Zoom	<b>Collaborative Caregiver Support Group Wednesdays, 2-3pm</b> 7/1 - Back Social Hall 7/8 - Front Social Hall 7/15 - Front Social Hall
<b>Vocal Connections Virtual Speech Therapy</b> 2:00-3:00pm Sophia Apgar - Zoom	<b>*NEURO REFORMER</b> 2:30-3:30pm Melanie -JPilates <i>Class 1 of 6</i>	<b>ROCK STEADY BOXING - Lvl 4</b> 2:00-3:00pm Melanie - Wellness	<b>MINDFUL BALANCE</b> 1:00-1:45pm Patty - Wellness			<b>PD COMMUNITY SUPPORT GROUP Wednesday, 7/8 12-2:00pm Back Social Hall</b>
<b>ROCK STEADY BOXING - Lvl 2</b> 5:00-6:00pm Chrissy - Wellness/Jfit		<b>PING PONG for PARKINSON'S</b> 4:00-5:00pm Chrissy - FAC	<b>*NEURO REFORMER</b> 2:30-3:30pm Melanie -JPilates <i>Class 4 of 6</i>			<p>It's Parkinson's Connection Time at our monthly meeting! Hear from all our program instructors, who they are and what they teach, ask questions, get some movement and hear about new class times and formats coming to our Katz JCC program. Kindly RSVP Myra or Megan so we have an accurate lunch count.</p>
<b>ROCK STEADY BOXING - Lvl 1/2</b> 6:15-7:15pm Chrissy - Wellness/Jfit		<b>ROCK STEADY BOXING - Lvl 1/2</b> 5:15-6:15pm Chrissy - Wellness				

<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 your 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*

**Hybrid Rock Steady Fitness:** Monthly subscription gives provides five live 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 JCC

**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 trail 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.*

**Vocal Connections – Virtual Group Speech Therapy:** This virtual class focuses on strength, loudness, and clarity of speech along with education and cognitive exercises. Instructor: Sophia Apgar, licensed language speech pathologist with Insight Speech and Swallowing Therapy. *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.*