



STEPS TO WELLNESS

Program Fee *(Includes all Weekly Classes)*

- **JCC Members: \$20/Month**
- **Guests: \$30/Month**

Thanks to a new Parkinson's Foundation Community Grant, we've added new recurring classes to help you stay active, connected, and well.

Day	Time	Class	Description	Instructor
Monday	12:30 PM	NEW! Adapted Cycling (JCycle Studio)	Choose between a Technogym stationary bike or chair with floor pedals. Equipment and intensity are adapted you.	Melanie Montana
	2:00 PM	Vocal Connections (Virtual)	Group speech therapy and social connection led by a certified speech-language pathologist from Insight Speech & Swallowing Therapy.	
Tuesday	3:00 PM	NEW! Aqua Moves (Indoor Pool)	Improve strength, balance, flexibility, and confidence through supportive water-based exercise.	Robyn Kade
Wednesday	3:15 PM	Basic Martial Arts for Movement	Beginner-friendly class focused on coordination, strength, flexibility, and movement control.	Chrissy Parkhurst
Thursday	4:15 PM	Ping Pong for Parkinson's	Build coordination, balance, agility, and motor skills in a fun, supportive environment.	Chrissy Parkhurst
Friday	11:00 AM	Hybrid Yoga for PD	Gentle yoga, available in-person or in-studio, with chair-supported options to improve flexibility, balance, and relaxation.	Sue Polikoff
Included at No Additional Cost		LSVT BIG for Life	Maintain BIG movement strategies through this monthly, non-clinical extension class led by a licensed physical therapist.	Justina Snyder
		Bring It In	New participants with program veterans connect monthly to share experiences, overcome challenges, and build community.	Facilitator: Melanie Montana, MSW