



Katz JCC
Cherry Hill

Parkinson's Connection Labor Day 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 9/7	TUESDAY 9/8	WEDNESDAY 9/9	THURSDAY 9/10	FRIDAY 9/11	SATURDAY 9/12	SUNDAY 9/13
No Parkinson's Connection Classes in honor of Labor Day	MARTIAL ARTS for MOVEMENT 9:15-10:15am Chrissy - Wellness	ROCK STEADY BOXING - Lvl 3 11:00am-12:00pm Melanie - Wellness/Jfit	ROCK STEADY BOXING - Lvl 2 9:15-10:15am Chrissy - Wellness/Jfit			LSVT BIG for LIFE 2:00-3:00pm Justina - Zoom/Wellness <i>One Sunday per month</i> 9/20, 10/11, 11/22, 12/27, 1/31, 2/28, 3/21
ROCK STEADY BOXING - Lvl 2 9:15-10:15am Chrissy - Wellness/Jfit	ROCK STEADY BOXING - Lvl 3 10:30-11:30am Chrissy - Wellness/Jfit		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 10:00-11:00am Melanie - Wellness/Jfit	
HYBRID ROCK STEADY FITNESS 11:15am-12:15pm Melanie-Wellness/Zoom	HYBRID ROCK STEADY FITNESS 11:45am-12:45pm Melanie-Wellness/Zoom	NEURO REFORMER 12:30-1:30pm Melanie - JPilates	HYBRID ROCK STEADY FITNESS 11:45am-12:45pm Melanie-Wellness/Zoom	HYBRID ROCK STEADY FITNESS 12:00-1:00pm Melanie-Wellness/Zoom	HYBRID ROCK STEADY FITNESS 12:00-1:00pm Mealnie - Wellness/Zoom	Peer Support Groups Men's Group: 1-1:45pm 9/17, 10/15, 11/19, 12/17, 1/21, 2/18, 3/18 Women's Group: 10:45-11:30am 9/24, 10/29, 11/19, 12/17, 1/28, 2/25, 3/25
ADAPTED CYCLING 12:30-1:15pm Melanie - JCycle	NEURO REFORMER 2:30-3:30pm Melanie - JPilates		BOXING & BALANCE - Lvl 2/3 1:00-2:00pm Patty - Wellness/Jfit <i>First class 9/3</i>	STRONG & STEADY 1:15-2:15pm Melissa - Wellness/Jfit <i>First class 9/25</i>		Collaborative Care Partner / Caregiver Support Group Wednesdays, 2-3pm Location in weekly email
Vocal Connection- Virtual Speech Therapy 2:00-3:00pm Insight Speech & Swallowing Therapy - Zoom	PD AQUA MOVES 3:00-4:00pm Robyn - Indoor Pool <i>First Class 9/15</i>	ROCK STEADY BOXING - Lvl 4 2:00-3:00pm Melanie - Wellness/Jfit	HYBRID BRING IT IN 3:30-4:15pm Melanie-Wellness/Zoom 9/24, 10/29, 11/19, 12/17, 1/28, 2/25, 3/25			Parkinson's Community Support Group Free for anyone wishing to connect with the Parkinson's community. RSVP for accurate lunch count required. Meeting feature expert speakers and open discussions. Typically held on the first Wednesday of the month; exceptions for holidays and room availability.
ROCK STEADY BOXING - Lvl 2 5:00-6:00pm Chrissy - Wellness/Jfit		PING PONG for PARKINSON'S 4:00-5:00pm Chrissy - FAC		Find our NEW classes & formats featured in the thick outlined boxes All Classes available for registration on the Katz JCC App & Website		
ROCK STEADY BOXING - Lvl 1/2 6:15-7:15pm Chrissy - Wellness/Jfit		ROCK STEADY BOXING - Lvl 1/2 5:30-6:30pm Chrissy - Wellness/Jfit	NEURO REFORMER 4:30-5:30pm Melanie - JPilates			

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

Class/Program Descriptions

Aqua Moves for PD: Experience the power of movement in the water with this dynamic class designed specifically for individuals living with Parkinson's disease. The buoyancy of the water provides support and confidence while participants work on balance, strength, flexibility, mobility, and endurance through gentle yet effective exercises. *Supported by a community grant from the Parkinson's Foundation as a part of the Steps to Wellness Program: (5)*

Adapted Cycling: 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. Adaptive floor pedals are available for those not able to use the traditional bikes. *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 /*

Beginner Martial Arts for Movement: Build coordination, strength, flexibility, and control in this beginner level version of the popular Tuesday morning intermediate MAFM class. Current participants are welcome to join and refine their skills while new participants can join with no pressure or expectation. *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 /*

Boxing & Balance: Taught Patty Palese – Rock Steady Coach and creator of the JCC's Stand Tall & Mindful Balance programs – this class bring together boxing training, core strength, posture, and body awareness, to make you stronger, fitter, and safer in your daily life.

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 fully virtual class of gentle, adaptable yoga, provided free of charge through a donation from the Jewish Federation of Southern New Jersey, has been shown to improve balance, reduce anxiety, build strength, and create a sense of wellbeing.

LSVT Big for Life: A monthly 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.*

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.*

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.*

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.*

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

Strong & Steady: Rock Steady + Strength Training = a phenomenal workout! This combination class provides the adapted boxing training from Rock Steady with added focus on functional strength training, rounded out with a full roll-down and stretch.

Vocal Connection Virtual Group Speech Therapy: Focus on strength, loudness, and clarity of speech along with education and cognitive exercises. Taught by a licensed speech pathologist from Insight Speech and Swallowing Therapy in Cherry Hill.