

# Getting Started

## New Member Assessment

**Assessment Fee\*: ~~\$50~~**

*\* Your initial assessment is paid for by a community grant from the Parkinson's Foundation.*



Each new participant must meet with our head coach for an initial assessment before beginning classes. This one-hour appointment will include mobility checks and dedicated time for you to discuss your specific needs, challenges, and goals.

## Rock Steady Boxing

**Drop-In Class: \$25**

**8-Class Package: \$120 JCC Member/\$150 Guest**

**New Member Equipment Package: \$45**

*Includes boxing gloves, quick wraps, drawstring bag*

Rock Steady Boxing (RSB) is a non-contact boxing program specifically designed for individuals living with Parkinson's disease (PD). It uses boxing-inspired exercises and drills to address symptoms such as balance, stiffness, tremors, coordination, and vocal challenges.

## Hybrid Rock Steady Fitness

**Monthly Fee: \$19 JCC Member/\$29 Guest**

Rock Steady Fitness offers the same basic curriculum as RSB without bag contact. Your monthly fee includes five live classes each week that you can attend in-person or via Zoom link. You also get access to our video library of classes available anytime.

## ▶ Steps to Wellness Membership\*

**Monthly Fee: \$20 JCC Member / \$30 Guest**

*\*Supported by a community grant from the Parkinson's Foundation.*

For one affordable monthly fee, you'll access five weekly Parkinson's-specific classes that provide proven benefits for managing your symptoms and improving your well-being.

- **Vocal Connection Virtual Speech Therapy**
- **Pedaling for Parkinson's** *(indoor cycling)*
- **Mindful Balance**
- **Ping Pong for Parkinson's**
- **Virtual Yoga for Parkinson's**

## ▶ Martial Arts for Movement

**6-week session: \$59 JCC Member/\$69 Guest**

## ▶ Tai Chi for Balance

**6-week session: \$59 JCC Member/\$69 Guest**

## ▶ Neuro Reformer *(5 max participants per class)*

**6-week session: \$120 JCC Member/\$150 Guest**

## ▶ JWell Fit - 8-week Medical Fitness Program

**\$109 JCC Member / \$149 Guests**

## ▶ Personal Training *(30 min/1 Hour)*

1 Session: \$42/\$65

5 Sessions: \$196/\$315

10 Sessions: \$370/\$620

20 Sessions: \$700/\$1,200

**Ready to schedule your assessment?**

Contact: Megan Matis, Medical Fitness Manager

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