



Ready to get started? Contact Megan Matis
Katz JCC Medical Fitness Manager

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Donations from families, friends and others help to greatly offset expenses to this program. If you would like to make a tax-deductible donation to the JCC Parkinson's Program, contact Leah Wolf at lwolf@jfedsnj.org or donate online at:

bit.ly/donateparkinsons

To donate by mail, please send a check to:
Katz JCC, Attn: Leah Wolf
1301 Springdale Road, Cherry Hill NJ 08003

Please be sure to include a note that your donation should be applied to the Parkinson's Connection Program

Parkinson's Connection classes, groups and the information in this brochure is not intended or implied to be a substitute for medical advice, diagnosis, or treatment of Parkinson's Disease or any other condition. All content is for general informational purposes only. Always consult your physician before beginning a new exercise program.



For more information visit katzjcc.org/parkinsons



**PARKINSON'S
CONNECTION** 
KATZ JCC, CHERRY HILL, NJ

*The hub for all of your
movement and wellness
needs for living with
Parkinson's Disease*

Movement

Our classes reflect the most recommended movement formats taught by energetic instructors certified in Parkinson's fitness.

Rock Steady Boxing: Boxing-inspired small-group training aimed at improving endurance, agility, strength, cognition and coordination. Offered in four levels to fit the widest possible range of individual needs and abilities.

Hybrid Rock Steady Fitness: Monthly subscription that provides (5) live classes each week over Zoom or in-studio, plus a virtual library available 24/7. Adaptable to all RSB levels with cardio, balance, strength, and stretch, without bag contact.

Hybrid Yoga for Parkinson's:** Increase flexibility and balance while improving fitness and minimizing tremors, atrophy, and rigidity associated with Parkinson's. This virtual class offered only over Zoom.

Martial Arts for Movement: Focus on balance, coordination, memory, and confidence in this unique class developed by a Rock Steady Coach & 5th degree Taekwondo black belt.

NEW Mindful Balance:** Improve posture and balance while increasing body awareness. This unique class aims to enhance stability and strength, to increase safety and avoid falls.

Neuro Reformer: Basic Pilates positions taught on the reformer in a supportive, gentle, and fun environment. Designed for those with PD, MS, and other neurological issues to improve strength, balance, and mobility.

Pedaling for Parkinson's:** Inspired by research from the Cleveland Clinic, this evidence-based program that utilizes stationary bikes to help people with PD improve motor function, mobility, and overall wellbeing.

NEW Ping Pong for Parkinson's:** Combining movement, socialization, and FUN, ping pong can increase coordination and balance while also improving overall quality of life.

Tai Chi for Balance: Improve balance, stability, and flexibility in this beginner level class taught with seated and standing options for maximum accessibility to a wide range of abilities.

Wellness

Exercise combined with social connection can have a profound impact on your ability to live well with Parkinson's.

Buddy Connection: Members seeking a friend or mentor within our program can register to be matched with another participant who has volunteered to be a peer support person. *The Buddy Connection is not a substitute for mental healthcare. "Buddies" are not trained mental health professionals.*

Let's Take a Break (Caregiver Support Group)*: Join others who understand the ups and downs of being a care partner to someone with Parkinson's Disease. This group provides a forum to better understand PD symptoms while also offering effective coping strategies and tips for managing daily life.

Monthly Parkinson's Community Group*: Open to all affected by Parkinson's Disease, including care partners, family, and friends. Attendees share experiences, learn from one another, and enjoy guest speakers with expertise in a variety of relevant topics. Light Kosher lunch served.

Vocal Connection Virtual Speech Therapy:** Focus on the strength, loudness, and clarity of your speech with education and cognitive exercises taught by a licensed speech pathologist.

Men's and Women's Peer-Led Support Groups*: These groups, founded by program participants, are dedicated to fostering connection and providing a space to and learn from your peers. Whether you're looking for practical advice or simply a place to feel understood, you'll find it here.

Personal Training: Our coaches are available for one-on-one training in all class formats. We also have a small team of medically certified personal trainers in our fitness center who specialize in PD as well as other medical conditions.

** Offered free of charge through the generous continuing support of the Jewish Federation of Southern New Jersey.*

*** Offered through the Steps to Wellness Program at a reduced fee through a community grant from the Parkinson's Foundation.*