



Katz JCC
Cherry Hill

Parkinson's Connection Weekly Schedule



PARKINSON'S
CONNECTION
KATZ JCC, CHERRY HILL, NJ

Key:

Paid Hybrid

Paid In-Person

Stept to Wellness

Free Wellness

** classes that run in
continuing 6-week sessions*

MONDAY 3/16	TUESDAY 3/17	WEDNESDAY 3/18	THURSDAY 3/19	FRIDAY 3/20	SATURDAY 3/21	SUNDAY 3/22
ROCK STEADY BOXING - Lvl 2 9:15-10:15am Chrissy - Wellness/Jfit	*MARTIAL ARTS for MOVEMENT 9:15-10am Chrissy - Wellness <i>Class 2 of 6</i>	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 - Wellness/Zoom <i>Class 3 of 4</i>
HYBRID ROCK STEADY FITNESS - All Levels 11:15am-12:15pm Melanie-Wellness/Zoom	ROCK STEADY BOXING - Lvl 3 10:30-11:30am Melanie - Wellness/Jfit	*NEURO REFORMER 12:30-1:30pm Melanie -JPilates <i>Class 5 of 6</i>	ROCK STEADY BOXING - Lvl 3 10:30-11:30am Chrissy - Wellness/Jfit			
PEDALING for PARKINSON'S 12:30-1:15pm Melanie - JCycle <i>Adaptive Floor Pedals Now Available</i>	HYBRID ROCK STEADY FITNESS - All Levels 11:45am-12:45pm Melanie-Wellness/Zoom		HYBRID ROCK STEADY FITNESS - All Levels 11:45am-12:45pm Melanie-Wellness/Zoom	HYBRID YOGA for PARKINSON'S 11:00-11:45am Marjie - Wellness/Zoom	ROCK STEADY BOXING - Lvl 2/3 10:00-11:00am Melanie - Wellness/Jfit	Collaborative Caregiver Support Group Wednesdays, 2-3pm 3/18 - Back Social Hall 3/25 - Back Social Hall 4/1 - JCC CLOSED
	*TAI CHI FOR BALANCE 2:00-2:45pm Marjie -Wellness <i>Class 2 of 6</i>	Collaborative Caregiver Support Group 2:00-3:00pm Back Social Hall	Men's Peer-Led PD Support Group 1:00-2:00pm JFit Studio	HYBRID ROCK STEADY FITNESS - All Levels 12:00-1:00pm Melanie-Wellness/Zoom	HYBRID ROCK STEADY FITNESS - All Levels 11:15am-12:15pm Melanie-Wellness/Zoom	
Vocal Connections Virtual Speech Therapy 2:00-3:00pm Sophia Apgar - Zoom	*NEURO REFORMER 2:30-3:30pm Melanie -JPilates <i>Class 4 of 6</i>	ROCK STEADY BOXING - Lvl 4 2:00-3:00pm Melanie - Wellness	MINDFUL BALANCE 1:00-1:45pm Patty - Wellness			PD COMMUNITY SUPPORT GROUP Wednesday, 4/15 12-2:00pm Back Social Hall
ROCK STEADY BOXING - Lvl 2 5:00-6:00pm Chrissy - Wellness/Jfit		PING PONG for PARKINSON'S 4:00-5:00pm Chrissy - FAC				Please note that we are meeting on the THIRD Wednesday of the month due to Passover observance. Our guest speaker will be Charles Kokolskyj from the Parkinson's Foundation. Come learn about ways to get involved and directly affect the PD community. Kindly RSVP to Myra Hirschhorn at myrahirschhorn@icloud.com
ROCK STEADY BOXING - Lvl 1/2 6:15-7:15pm Chrissy - Wellness/Jfit		ROCK STEADY BOXING - Lvl 1/2 5:15-6:15pm Chrissy - Wellness				

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