



Katz JCC  
Cherry Hill

Key:

Hybrid PD Class

In-Person PD Class

Specialized Fitness

Steps to Wellness

Free Wellness



PARKINSON'S  
CONNECTION  
KATZ JCC, CHERRY HILL, NJ

# Parkinson's Connection Weekly Schedule

| MONDAY<br>8/24                                                                               | TUESDAY<br>8/25                                                                             | WEDNESDAY<br>8/26                                                                  | THURSDAY<br>8/27                                                                                   | FRIDAY<br>8/28                                                                          | SATURDAY<br>8/29                                                                           | SUNDAY<br>8/30                                                                                                                                    |
|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>ROCK STEADY BOXING - Lvl 2</b><br>9:15-10:15am<br>Chrissy - Wellness/Jfit                 | <b>*MARTIAL ARTS for MOVEMENT</b><br>9:15-10am<br>Chrissy - Wellness<br><i>Class 4 of 6</i> | <b>ROCK STEADY BOXING - Lvl 3</b><br>11:00am-12:00pm<br>Melanie - Wellness/Jfit    | <b>ROCK STEADY BOXING - Lvl 2</b><br>9:15-10:15am<br>Chrissy - Wellness/Jfit                       |                                                                                         |                                                                                            |                                                                                                                                                   |
| <b>HYBRID ROCK STEADY FITNESS - All Levels</b><br>11:15am-12:15pm<br>Melanie-Wellness/Zoom   | <b>ROCK STEADY BOXING - Lvl 3</b><br>10:30-11:30am<br>Chrissy - Wellness/Jfit               | <b>*NEURO REFORMER</b><br>12:30-1:30pm<br>Melanie -JPilates<br><i>Class 5 of 6</i> | <b>ROCK STEADY BOXING - Lvl 3</b><br>10:30-11:30am<br>Chrissy - Wellness/Jfit                      |                                                                                         |                                                                                            |                                                                                                                                                   |
| <b>ADAPTIVE CYCLING</b><br>12:30-1:15pm<br>Melanie - JCycle<br><i>Floor Pedals Available</i> | <b>HYBRID ROCK STEADY FITNESS - All Levels</b><br>11:45am-12:45pm<br>Melanie-Wellness/Zoom  |                                                                                    |                                                                                                    | <b>HYBRID YOGA for PARKINSON'S</b><br>11:00-11:45am<br><i>Joan</i> - Wellness/Zoom      | <b>ROCK STEADY BOXING - Lvl 2/3</b><br>10:00-11:00am<br>Melanie - Wellness/Jfit            |                                                                                                                                                   |
|                                                                                              |                                                                                             | <b>Collaborative Caregiver Support Group</b><br>2:00-3:00pm<br>Room 202            | <b>HYBRID ROCK STEADY FITNESS - All Levels</b><br>11:45am-12:45pm<br>Melanie-Wellness/Zoom         | <b>HYBRID ROCK STEADY FITNESS - All Levels</b><br>12:00-1:00pm<br>Melanie-Wellness/Zoom | <b>HYBRID ROCK STEADY FITNESS - All Levels</b><br>11:15am-12:15pm<br>Melanie-Wellness/Zoom | <b>Collaborative Caregiver Support Group</b><br>Wednesdays, 2-3pm<br>8/26 - Back Social Hall<br>9/2 - Front Social Hall<br>9/9 - Back Social Hall |
| <b>Vocal Connections</b><br>Virtual Speech Therapy<br>2:00-3:00pm<br>Sophia Apgar - Zoom     | <b>*NEURO REFORMER</b><br>2:30-3:30pm<br>Melanie -JPilates<br><i>Class 4 of 6</i>           | <b>ROCK STEADY BOXING - Lvl 4</b><br>2:00-3:00pm<br>Melanie - Wellness             | <b>MINDFUL BALANCE</b><br>1:00-1:45pm<br>Patty - Wellness<br><i>Last Class</i>                     |                                                                                         |                                                                                            |                                                                                                                                                   |
| <b>ROCK STEADY BOXING - Lvl 2</b><br>5:00-6:00pm<br>Chrissy - Wellness/Jfit                  |                                                                                             | <b>PING PONG for PARKINSON'S</b><br>4:00-5:00pm<br>Chrissy - FAC                   | <i>Please Note: Mindful Balance class will pivot to Rock Steady Boxing next Thursday at 1:00pm</i> |                                                                                         |                                                                                            |                                                                                                                                                   |
| <b>ROCK STEADY BOXING - Lvl 1/2</b><br>6:15-7:15pm<br>Chrissy - Wellness/Jfit                |                                                                                             | <b>ROCK STEADY BOXING - Lvl 1/2</b><br>5:15-6:15pm<br>Chrissy - Wellness           | <b>*NEURO REFORMER</b><br>4:30-5:30pm<br>Melanie -JPilates<br><i>Class 5 of 6</i>                  |                                                                                         |                                                                                            |                                                                                                                                                   |

**PD COMMUNITY SUPPORT GROUP**  
Wednesday, 9/2  
12-2:00pm  
Back Social Hall

Dr. Tracy Tholanikunnel from Jefferson Health will share her insights and approaches to care as a Movement Disorder Specialist. She will be joined by Diane Taylor, neurology social worker at Jefferson. Kindly RSVP to Myra Hirschhorn at smhirsch35@comcast.net by Wednesday, 8/26, so that we have an accurate lunch count.

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

## **Class/Program Descriptions**

**Big for Life:** A 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/\$20 JCC*

**Hybrid Rock Steady Fitness:** Monthly subscription gives provides five live 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 gentle, adaptable yoga class has been shown to improve balance, reduce anxiety, build strength, and create a sense of wellbeing. 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

**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.*

**Mindful Balance:** Regain control and move with confidence by focusing on posture, balance, and body awareness. *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.*

**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.*

**Pedaling for Parkinson's:** 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. *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.*

**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.*

**Vocal Connections – Virtual Group Speech Therapy:** This virtual class focuses on strength, loudness, and clarity of speech along with education and cognitive exercises. Instructor: Sophia Apgar, licensed language speech pathologist with Insight Speech and Swallowing Therapy. *Classes are 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

**Tai Chi for Balance:** A beginner level class of slow flowing movements designed to address balance impairments while improving mobility and overall wellness. Class is taught with seated and standing options. *Six-week sessions \$59 JCC Members/\$79 Guests.*

**The Wellness Circle:** This cancer group for wome in all stages of their cancer journey (newly diagnosed, in treatment, or in survivorship). Guided conversations and gentle, evidence-based mind-body practices, you will build resilience and learn tools to manage stress, support emotional balance, and