



Katz JCC
Cherry Hill

Fall/Winter 2026 Parkinson's Connection Schedule

Weekly changes to groups, classes and instructors can be found on the Katz JCC app & website



PARKINSON'S
CONNECTION
KATZ JCC, CHERRY HILL, NJ

Key:

Hybrid PD Class

In-Person PD Class

Specialized Fitness

Steps to Wellness

Free Wellness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ROCK STEADY BOXING - Lvl 2 9:15-10:15am Chrissy - Wellness/Jfit	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 9/20, 10/11, 11/22, 12/27, 1/31, 2/28, 3/21
HYBRID ROCK STEADY FITNESS 11:15am-12:15pm Melanie-Wellness/Zoom	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	
ADAPTED CYCLING 12:30-1:15pm Melanie - JCycle	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 11:15am-12:15pm Mealnie - Wellness/Zoom	Peer Support Groups Men's Group: 3rd Thurs. 2-2:45pm Women's Group: Last Thurs 10:45-11:30am
Vocal Connection Virtual Speech Therapy 2:00-3:00pm Insight Speech & Swallowing Therapy - Zoom	NEURO REFORMER 2:30-3:30pm Melanie - JPilates		BOXING & BALANCE - Lvl 2/3 1:00-2:00pm Patty - Wellness/Jfit First Class 9/3	STRONG & STEADY 1:15-2:15pm Melissa - Wellness/Jfit First Class 9/25		
BASIC MARTIAL ARTS for MOVEMENT 4:00-4:45pm Chrissy - Wellness First Class 9/14	PD AQUA MOVES 3:00-4:00pm Robyn - Indoor Pool First Class 9/22	ROCK STEADY BOXING - Lvl 4 2:00-3:00pm Melanie - Wellness/Jfit	HYBRID BRING IT IN 3:30-4:15pm Melanie-Wellness/Zoom <i>One Tuesday per month</i> 9/24, 10/29, 11/19, 12/17, 1/28, 2/25, 3/25			Collaborative Caregiver Support Group Wednesdays, 2-3pm Location announced weekly - see schedule
ROCK STEADY BOXING - Lvl 2 5:00-6:00pm Chrissy - Wellness/Jfit		PING PONG for PARKINSON'S 4:00-5:00pm Chrissy - FAC				PD Community Support Group Open to anyone who wants to connect to the local Parkinson's community. Typically held on the first Wednesday of each month. Subject to change for holidays and room availability - please check schedule.
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 /*

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: This virtual class focuses on strength, loudness, and clarity of speech along with education and cognitive exercises. Instructor: Sophia Apgar, licensed language speech pathologist. *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/month for JCC Member & \$30/month for Guests.*