



JCC Greater
Boston

Summer 2020

Parkinson's Wellness Programs

Exercise Classes

Parkinson's Seated NIA (Neuromuscular Integrated Action)

A fun, cardiovascular workout based on dance movements, martial arts and healing arts, fueled by inspiring music, drums and rhythms.

Taught by a Certified NIA Instructor. This class will be performed seated in a chair. A private Zoom link will be provided prior to the session.

Tuesdays 2:00pm-2:45pm
August 4 – August 25 (4 weeks) \$60
To register, call 617-667-1276.

Parkinson's Seated Strength

Designed to enhance each participant's sense of physical and mental well-being by increasing muscle strength, cardiovascular endurance, flexibility, balance and coordination in a safe and fun environment. Participants remain seated during this class.

Taught by a certified personal trainer. A private Zoom link will be provided prior to the session.

Thursdays 2:00pm-2:45pm
August 6 – August 27 (4 weeks) \$60
To register, call 617-667-1276.

Parkinson's Total Body Conditioning

A cardio workout to help increase your aerobic fitness while toning and strengthening all the major muscle groups. Includes exercises to increase stamina, strength, balance and flexibility. Participants must be able to stand for the entire class.

Taught by a certified group fitness instructor. A private Zoom link will be provided prior to the session.

Fridays 10:30am-11:15am
August 7 - August 28 (4 weeks) \$60
To register, call 617-667-1276.

Leventhal-Sidman Center

333 Nahanton Street, Newton
Open to the entire community

Learn more at bostonjcc.org/parkinsons.
To register, call **617-667-1276**.

Beth Israel Lahey Health 
Beth Israel Deaconess Medical Center

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