



JCC Greater
Boston

Spring 2020

Parkinson's Wellness Programs

Exercise Classes

Cycle – Research has found cycling, especially if pedaling at a rate faster than your own voluntary cadence, may make regions of the brain that deal with movement connect to each other more effectively and may provide symptomatic relief for people with PD while building lower body muscles. Taught by a certified Parkinson's Cycling coach.

Mondays, 11-11:45am

March 30-June 8 (9 wks; no class 4/20, 5/25) • \$135

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 can be performed seated in a chair or standing.

Tuesdays, 2-3pm

March 31-June 9 (10 wks; no class 4/21) • \$150

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

Thursdays, 2-3pm

April 2-June 11 (9 wks; no class 4/9, 4/23) • \$135

Total Body Conditioning – A cardio workout to help increase your aerobic fitness while toning and strengthening all muscle groups. Includes 30 minutes of cardio movement exercises, 20 minutes of strength training, followed by 10 minutes of stretching. Participants must be able to stand for the entire class. Taught by a certified group fitness instructor.

Fridays, 10:30-11:30am

April 3-June 12 (9 wks; no class 4/10, 4/24) • \$135

Support Group

Care Partner Support Group – This weekly group, led by a clinical social worker, is offered for care partners who have a family member participating in a JCC exercise program. Registration required.

Tuesdays, 2-3pm

March 31-June 9 (10 wks; no group 4/21) • \$50

Leventhal-Sidman Center
333 Nahanton Street, Newton
Open to the entire community

To learn more and to register, call 617-667-1276.

Beth Israel Lahey Health 

SUPPORTED BY
