



JCC Greater
Boston

Fall 2020

Parkinson's Wellness Programs

Virtual Exercise Classes

NIA (Neuromuscular Integrated Action)

A fun, cardiovascular workout based on dance movements, martial arts and healing arts, fueled by inspiring music, drums and rhythms. Participants must be able to stand for the majority of class. Care partners are welcome to join the class at no cost.

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

Tuesdays, 2:00-2:45pm
September 22 – December 8 (12 weeks) • \$180

To register, call 617.667.1276

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. Care partners are welcome to join the class at no cost.

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

Thursdays, 2:00-2:45pm
September 24 – December 10 (11 weeks; no class 11/26) • \$165

To register, call 617.667.1276

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. Care partners are welcome to join the class at no cost.

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

Fridays, 10:30-11:15am
September 25 – December 11
(11 weeks; no classes 9/18, 11/27) • \$165

To register, call 617.667.1276

Virtual Support Group

Care Partner Support Group

This biweekly group is offered for care partners who have a family member participating in a JCC exercise program.

Led by a clinical social worker specializing in Parkinson's Disease. A private Starleaf link will be provided prior to the session.

Tuesdays (2nd & 4th of each month), 2-3pm
9/22, 10/13, 10/27, 11/10, 11/24 & 12/8 • \$30

To register, call 617.667.1276

Beth Israel Lahey Health 
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SUPPORTED BY
