

Spring 2026

Parkinson's Wellness Programs In-Person & Virtual Exercise Classes

To learn more and register, call 617-558-6459 or email wellness@jccgb.org

Cycle with Josh & Nicole

Research has found that cycling, especially when pedaling at a rate faster than your own voluntary cadence, may allow regions of the brain that deal with movement connect to each other more effectively. Cycle can also offer symptomatic relief for persons with Parkinson's while helping to improve muscle strength, endurance, and core stability. A bike demo is required for all new participants; singing along is welcome. Discover the power of community in this uplifting class taught by a certified Parkinson's Cycling coach. Class meets in our state-of-the-art Cycle Studio.

Mondays, 11-11:45am | April 6-June 22
(10 weeks; no class 4/20 & 5/25) • \$180

Basic Tai Chi Movement with Paul

Improve your balance and strength with the flowing movements found in the Tai Chi style from one of China's major centers of Taoist practice, Wudang Mountain. Learn basic techniques to increase physical strength and body control, moving and standing meditation practices, & simple Qigong healing exercises to help energetically invigorate mind, body, and one's life force energy. Taught by certified Tai Chi instructors with decades of martial arts experience. Care partners are welcome to join at no cost.

Class meets both in-person and online; a private Zoom link will be provided prior to the session.

Wednesdays, 12-12:50pm | April 8-June 24
(11 weeks; no class 4/22) • \$198

Table Tennis with Lev

Led by a table tennis master with over a decade of coaching experience, this high energy and uplifting class includes warm-up exercises to get the mind and body ready, followed by table tennis coordination exercises, instruction, and "friendly" game matches. Table Tennis can help people with Parkinson's improve fine motor skills, cognitive symptoms, overall mood and body awareness/mindfulness. This class is designed for people with good balance, the ability to stand for the majority of time, and some form of athletic experience. No experience is required. Care partners are welcome to join at no cost.

Fridays, 11am-12pm | April 24-June 19
(7 weeks; no class 5/22 & 5/29) • \$126

Virtual Support Group

Care Partner Support Group

This biweekly group for care partners is led by clinical social worker who specializes in Parkinson's. Group meetings enhance coping strategies and provide education/resources. Priority is given to care partners who have a family member participating in JCC's Parkinson's exercise & movement classes. A private Zoom link will be provided prior to the session.

Tuesdays (2nd and 4th of each month), 2-3pm
4/28; 5/12; 5/26; 6/9; and 6/23 • \$50

To learn more and register, email wellnessworks@bidmc.harvard.edu.