



Summer 2025

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 Jay, 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

July 14-August 25 (7 weeks) · \$126

Basic Tai Chi Movement with Paul & Rosalie

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

July 9-August 20 (7 weeks) · \$126

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.

Saturdays, 12:15-1:15pm

July 12-August 9 (5 weeks) · \$90



Beth Israel Lahey Health 
Beth Israel Deaconess Medical Center

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