

THE PHILIP SHAYMAN PARKINSON'S PROGRAM FITNESS CLASSES & SUPPORT GROUPS




**PARTICIPATE IN AS MANY FITNESS CLASSES
AS YOU WOULD LIKE FOR \$20 PER MONTH
OR \$100 FOR 6 MONTHS!**

Join USF Health and the JCC for fun classes
like Rock Steady Boxing*, Nia, Tai Chi,
Stretch & Strengthen, Water & Movement and Cycling.

To register or learn more about the program, please contact

Pnina Levermore at 813.291.2253
or pnina.levermore@jewishtampa.com
or **Leigh Harrell** at 813.396.0768
or leighharrell@usf.edu

**Program
schedule
on back**

This program is supported
by a grant from the  **Parkinson's
Foundation**

 **Tampa
JEWISH COMMUNITY CENTERS
& FEDERATION**



 **USF
HEALTH**

THE PHILIP SHAYMAN PARKINSON'S PROGRAM SCHEDULE

JCC on the Cohn Campus in Citrus Park

13009 Community Campus Drive Tampa, FL 33625



All activities are in-person plus virtual

Mondays	10:30 AM - Rock Steady Boxing* 
	3:00 PM - Tremble Clefs
Tuesdays	10:30 AM - Nia
Wednesdays	11:00 AM - Rock Steady Boxing* 
Thursdays	2:00 PM - Stretch & Strengthen
Fridays	3:00 PM - Tai Chi

Bryan Glazer Family JCC in South Tampa

522 N. Howard Avenue Tampa, FL 33606

All activities are in-person plus virtual

Mondays	1:30 PM - Stretch & Strengthen
Tuesdays	12:30 PM - Rock Steady Boxing* 
Wednesdays	2:00 PM - Chair Yoga/Line Dance
Fridays	1:30 PM - Rock Steady Boxing* 

Virtual Only

Mondays	12:00 PM - Patient Support Group [△] 1:30 PM - Care Partners Support Group [△]
Fridays	10:30 AM - Fine Motor Skills & Handwriting Workshop 12:00 PM - Patient Support Group [△] 1:30 PM - Care Partners Support Group [△]

*Rock Steady Boxing classes are an affiliate program of Rock Steady Boxing, Inc.

[△]Support groups are biweekly; Patient Support Group on Fridays meets weekly

**Enroll now for fitness classes
or a support group specific to you.**

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