

# 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

**Ashley Hetland** at 813.396.0765

or [ahetland@health.usf.edu](mailto:ahetland@health.usf.edu)

or **Pnina Levermore** at 813.291.2253

or [pnina.levermore@jewishtampa.com](mailto:pnina.levermore@jewishtampa.com).

**Program  
schedule  
on back**

This program is supported  
by a grant from the



# THE PHILIP SHAYMAN PARKINSON'S PROGRAM SCHEDULE

## JCC on the Cohn Campus in Citrus Park

13009 Community Campus Drive Tampa, FL 33625

Mondays	12:30 PM - Patient Support Group <sup>△</sup>
	2:00 PM - Rock Steady Boxing* 
	6:00 PM - Rock Steady Boxing* 
Tuesdays	11:45 AM - Nia
	1:00 PM - Tremble Clefs
Wednesdays	12:00 PM - Newly Diagnosed Patient Support Group <sup>△</sup>
	1:45 PM - Newly Diagnosed Nia
	6:00 PM - Rock Steady Boxing* 
Thursdays	11:30 AM - Stretch & Strengthen
	2:00 PM - Rock Steady Boxing* 
Fridays	12:00 PM - Patient Support Group <sup>△</sup>
	1:30 PM - Care Partners Support Group <sup>△</sup>
	1:30 PM - Tai Chi

## Bryan Glazer Family JCC in South Tampa

522 N. Howard Avenue Tampa, FL 33606

Tuesdays	11:00 AM - Nia
Wednesdays	1:00 PM - Water & Movement
Thursdays	1:30 PM - Tai Chi
Fridays	1:00 PM - Cycling

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

<sup>△</sup>Support groups are biweekly

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