

# ROCK STEADY BOXING

Improving the quality of life of people diagnosed with Parkinson's Disease.



Rock Steady Boxing classes have proven that anyone, at any level of Parkinson's can actually lessen their symptoms and lead a healthier and happier life.

## What's a class like?

Workouts will focus on strength training, reaction time, balance, and core work. No boxing experience is necessary and people of all ages are invited to participate. Boxers both male and female, can range in age from mid-30's to early 90's.

Classes are led by Certified Rock Steady Boxing coaches. Coaches will work with each Rock Steady Boxing participant's physician to develop the best and safest exercise program.

## Class Information

### PD Level 1/2 Classes

Monday, Wednesday and Friday - 11:00 am to 12:15 pm

### PD Level 3/4 Classes

Tuesday and Thursday - 11:00 am to 12:15 pm

### Cost

2x per week: \$55 (Center members); \$78 (non-members)

3x per week: \$78 (Center members); \$99 (non-members)

Drop-in class: \$15 (Center members); \$20 (non-members)

Assessments: \$55 one-time fee (includes gloves)

**Questions?**  
Email Jenna at  
[jsouhrada@iwp-llc.com](mailto:jsouhrada@iwp-llc.com)  
for more info!



Health & Fitness Center



Caregivers, friends, and family are encouraged to come and provide support as volunteers or a "cornerman" for Rock Steady Boxing participants. Please email Jenna in advance of your visit.