

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. Rock Steady Boxing is beneficial to anyone with balance and mobility issues.

✓ **Assessment Information**

A \$60 assessment is required prior to participation in a Rock Steady Boxing class. Assessment fee **includes Boxing Gloves**.

✓ **What's a class like?**

This non-contact boxing class 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 regardless of Parkinson's Disease diagnosis.

Classes are led by Certified Rock Steady Boxing Coaches Aja Russo and Emily Plocinik. Coaches will work with each Rock Steady Boxing participant to develop the best and safest exercise program.

✓ **Class Information**

Caregivers, friends, and family are encouraged to come and provide support as volunteers or "cornerperson" for Rock Steady Boxers. Please email Aja in advance of your visit.



Mondays & Fridays 10:30am - 12:00pm

Interested?

**Scan the QR code and we will get back to you or
email Aja Russo for more information!**

arusso@iwp-llc.com



\$60/mo.

**includes class
2x/week**

**Members
Save 10%**