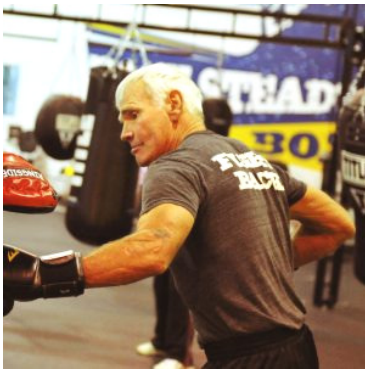


ROCK STEADY BOXING FIRSTHEALTH

M/W/F at 11 a.m. – Noon



We are learning every day that there are ways in which people with Parkinson's disease can enhance their quality of life and even build strength, flexibility and speed! By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better.

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

Boxers condition for optimal agility, speed, muscular endurance, accuracy, balance, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. At Rock Steady, the opponent is Parkinson's disease.



Please join us!



Member Fees:
\$10/class
\$50 unlimited classes/month

Community Fees:
\$20/class