

ROCK STEADY BOXING FIRSTHEALTH

FirstHealth
FITNESS

Open House

Tuesday, May 16 at 11 a.m.

Free Trial Sessions

May 22, 24, 26 at 11 a.m.

Registration required

Regular Classes

Begin June 5 ■ M/W/F at 11 a.m. – Noon

At Rock Steady Boxing, the opponent is Parkinson's disease. Join with others in this fun, supportive training program and fight back! These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier and happier life. By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better.

Cost

Members: \$10 per class; \$50 per month
Community: \$20 per class

Register at the front desk or call (910) 715-1800

This class is for Parkinson's patients only.



www.firsthealth.org/fitness

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