



# ROCK STEADY BOXING FIRSTHEALTH

**Monday, Wednesday, Friday**

**11 a.m. – Noon & Noon – 1 p.m.**

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; \$75 per month

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

**This class is for Parkinson's patients only.**



FirstHealth-Fitness Pinehurst, 170 Memorial Drive, Pinehurst, NC 28374