

FITNESS PROGRAMS



ROCK STEADY BOXING Fighting Back Against Parkinson's

Winter | Jan 3-Feb 22
Spring I | Feb 26-Apr 12
Spring II | Apr 16-May 31

Tues / Thurs / Fri 10:30 am - 12 noon



We are learning every day that there are ways in which people with Parkinson's disease can enhance their daily quality of life and even build impressive power, 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. This program:

- is an innovative, fitness therapy program.
- moves body in all planes of motion while changing routine throughout workout.
- can lessen symptoms for anyone, at any level of Parkinson's.
- leads to healthier/happier life.

Certified Coaches

Patty Kivlin & Jaime Popenhagen

Winter Fee

Two times per week: Member: \$84 | Community: \$126
Three times per week: Member: \$126 | Community: \$189

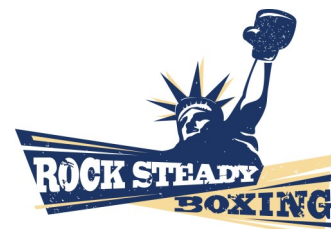
Spring I & II Fee

Two times per week: Member: \$96 | Community: \$144
Three times per week: Member: \$144 | Community: \$216

Per Class Fee: Member: \$10 | Community: \$15
Financial Assistance Available

A FREE Parkinson Support Group meets the first Thursday of each month from 11:30 am-12:30 pm

Learn more at GenevaLakesYMCA.org/rsb



FIGHTING BACK AGAINST PARKINSON'S