

FITNESS PROGRAMS



ROCK STEADY BOXING Fighting Back Against Parkinson's

Spring II | April 16—May 31
Summer I | June 2—July 21
Summer II | July 22—September 1

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.

Spring I & II Fee

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

Summer I & II Fee

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

Summer II Fee

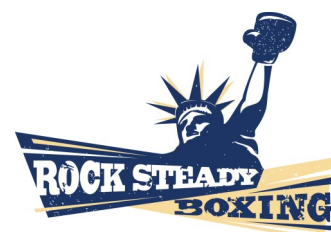
Two times per week: Member: \$72 | Community: \$108
Three times per week: Member: \$108 | Community: \$162

Per Class Fee: Member: \$10 | Community: \$15

Financial Assistance Available

Learn more at GenevaLakesYMCA.org/rsb

In Partnership with



FIGHTING BACK AGAINST PARKINSON'S

GENEVA LAKES FAMILY YMCA • 203 S. Wells Street • Lake Geneva, WI 53147 • GenevaLakesYMCA.org • 262.248.6211

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