



ROCK STEADY BOXING

Fight Back Against Parkinson's

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, participants can fight 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.

Program Sessions

Classes meet Mondays, Wednesdays, & Thursdays
10:30 am-12 noon

Participants are welcome to attend all classes.

Fees

Members: \$12/per class | Community: \$22/per class

Drop-In Fees

Members: \$15/per class | Community: \$25/per class

Thanks to grants received all participants currently receive 50% off above fees.

Questions & Registration

Contact, **Melissa Monge, Program Operations Director**

262.248.6211 x17 | melissa.monge@glymca.org

Please note that all new boxers starting the program will need to be scheduled for a 45 minute assessment prior to attending the first class.



United Way of
Walworth County



FREE SUPPORT GROUP!

Join us the third Thursday of each month.

Caregivers | 12 noon

Boxers & Caregivers | 12-12:45 pm