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Rock Steady Boxing For Parkinson's

Rock Steady Boxing looks to improve the quality of life for people with Parkinson's disease through a non-contact, boxing based fitness curriculum. Several medical studies on exercise and Parkinson's disease have concluded that moderate to high intensity exercise can slow the progression of Parkinson's. You can fight your way out of the corner and start to feel and function better.

Registration, paperwork, and assessment meeting must be completed before your first class.

DAYS: T/TH

TIME: 9:45-10:45am

LOCATION: Studio 2 at the Whatcom YMCA

FEE: \$60/Month, Members
\$90/Mon, Non-Members

Financial Assistance Available



**ROCK STEADY
BOXING**

FIGHTING BACK AGAINST PARKINSON'S

For more information and to register contact Karrie Inman
at kinman@whatcomymca.org or at (360) 255-0646

WHATCOM FAMILY YMCA

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