



ROCK STEADY BOXING SCHEDULE

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.

| DAY OF THE WEEK | CLASS TIME | LEVEL | WMAY MEMBER | COMMUNITY MEMBER |
|------------------|-------------------|-------|-------------|------------------|
| MONDAY | 11:30 AM-12:30 PM | 1-2 | \$35/Month | \$45/Month |
| WEDNESDAY | 9:30-10:30 AM | 1-2 | \$35/Month | \$45/Month |
| WEDNESDAY | 11:00 AM-12:00 PM | 3-4 | \$35/Month | \$45/Month |
| FRIDAY | 9:30-10:30 AM | 1-2 | \$35/Month | \$45/Month |
| FRIDAY | 11:00 AM-12:00 PM | 3-4 | \$35/Month | \$45/Month |
| SATURDAY | 10:30-11:30 AM | 1-2 | \$35/Month | \$45/Month |

FIGHT BACK UH20 Held in the Warm Water Pool

Aquatic Boxing can help:

- Flexibility, range of motion, strength and balance.
- It is an ideal environment for balance training
- Participants are able to work on balance and gait training without fear of falling or injury.

| DAY OF THE WEEK | CLASS TIME | LEVEL | WMAY MEMBER | COMMUNITY MEMBER |
|-----------------|----------------|------------|-------------|------------------|
| THURSDAY | 11:00-11:45 AM | All Levels | \$35/Month | \$45/Month |

Questions?

Contact Carly at

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