

# IN THIS CORNER, HOPE.



## What is Rock Steady Boxing?

Through non-contact, boxing-inspired fitness training Rock Steady Boxing improves mobility, balance, strength, and the quality-of-life of people fighting Parkinson's disease.

**Fitness Classes** to accommodate varying degrees of Parkinson's disease.

**Support** from coaches who understand the effects of Parkinson's and know how to fight back.

**Camaraderie** among friends for fighters and caregivers.

This program attacks Parkinson's at its vulnerable neurological points while emphasizing overall fitness, strength, reaction time, and balance. No boxing experience is necessary and people of all ages are invited to participate. Begins August 13.

<b>Monday</b>	<b>3-4 p.m.</b>	<b>Movement Training with Amy</b>
<b>Tuesday</b>	<b>1:15-2:15 p.m.</b>	<b>Rock Steady Boxing with Amy</b>
<b>Thursday</b>	<b>1:15-2:15 p.m.</b>	<b>Circuit Training with Jennifer</b>

**Free to Members, \$5 per class for Non-Members**

**Rock Steady Boxing** classes are based upon each person's unique Parkinson's symptoms and overall level of fitness.

**We require all Boxers (for TUESDAYS ROCK STEADY BOXING CLASS ONLY)**  
to complete a one-on-one assessment with one of our coaches prior to class participation.\*  
Call the YMCA, 217-245-2141, to schedule an assessment with either Amy or Jennifer.\*\*

\*Must have a doctor's written diagnosis of Parkinson's Disease prior to assessment.

\*\*Must complete assessment prior to class participation.

**BOB FRIESEN YMCA**

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