

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.

Tuesday 1:15-2:35 p.m. Rock Steady Boxing with Amy
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 TUESDAY'S ROCK STEADY BOXING CLASS ONLY) to complete a one-on-one assessment with one of our coaches prior to class participation and have a written diagnosis of Parkinson's Disease.*

Call the YMCA, 217-245-2141, to schedule an assessment with either Amy or Jennifer.

**The following classes are fitness for Parkinson's,
but if someone has another diagnosis they would benefit:**

Monday 3-4 p.m. Movement Training with Amy
Thursday 1:15-2:15 p.m. Circuit Training with Jennifer

BOB FRIESEN YMCA

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