



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILD POWER, STRENGTH, FLEXIBILITY, & SPEED

ROCK STEADY BOXING PARKINSON'S DISEASE MANAGEMENT PROGRAM

BEGINS JANUARY 13!

These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier and happier life.

Call today to learn more!

SUPPORT GROUPS are also available for FREE for all Parkinson's Fighters and their support person! We meet once per quarter to go over lifestyle factors and disease management strategies.

Rock Steady Boxing is one way that people with Parkinson's disease can enhance their daily quality of life and 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. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout.

WHEN: Mondays + Wednesdays 1:15-2:30pm

Mondays 6:00-7:15pm

Saturdays 9:00 -10:15am

FEE: \$30/month members • \$75/month nonmembers
Drop-in fee: \$15/class members • \$25/class nonmembers

OPTIONAL STARTER PACKAGE: Includes gloves, wraps, t-shirt, and storage bag - \$75!

OPEN TO MEN AND WOMEN. ALL ABILITY LEVELS.

MANITOWOC-TWO RIVERS Y

205 Maritime Drive • Manitowoc, WI 54220

P 920-682-0341 • F 920-682-2620

www.mtrymca.org



Sponsored by:



Contact Kari Backhaus for more details or to set up Rock Steady Boxing personal training at kbackhaus@mtrymca.org or (920) 482-1565.