

ROCK STEADY BOXING

FIGHTING BACK AGAINST PARKINSON'S

Rock Steady Boxing LifePlex gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing based fitness curriculum.



Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents.

**MONDAY, WEDNESDAY
AND FRIDAY**
2:00 - 3:30 P.M.

Cost: \$60 per month
(Physician referral required)
Diagnosis of Parkinson's, MSA,
PSP, CBD, and DLB.



At RSB LifePlex, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant.



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Exercise *IS* Medicine