



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIGHT BACK AGAINST PARKINSON'S



Rock Steady Boxing Schedule RANDOLPH YMCA

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. In a University of Indianapolis study involving boxing training for people with Parkinson's disease, they discovered that patients showed short and long term improvements including balance, gait, activities of daily living and quality of life.

DAYS	TIMES	LEVEL	COACH
Monday	9:30-10:30 am	All Levels	Amy, Laura, Penny & Kay
Monday	6:00-7:00 pm	All Levels	Laura & Paul
Tuesday	10:00-10:45 am	FIGHT BACK UH20 All Levels	HELD IN WARM WATER POOL Kathy, Colleen, Helen, Kay
Wednesday	8:30-9:30 am	Levels 1-2 Only	Kaitlyn, Kathy, Penny & Paul
Wednesday	9:30-10:30 am	Levels 3-4 Only	Colleen, Penny & Paul
Wednesday	6:00-7:00 pm	All Levels	Amy & Laura
Thursday	1:30-2:30 pm	Music Based Class All Levels	Crista, Penny & Paul
Friday	9:30-10:30 am	Levels 1-2 Only	Brenda, Colleen & Paul
Saturday	1:00-2:00 pm	All Levels	Brenda & Renee

For more information about Rock Steady Boxing contact Coach Kathy Fisher at 973 366 1120 x14 or kathy@randolphymca.org