



# ROCK STEADY BOXING SCHEDULE

It's not just a class, its a community in which people with Parkinson's can enhance their quality of life and build impressive strength, flexibility, balance and speed! By exercising with RSB Certified Coaches who know the ropes, you can fight back and start to feel and function better. Recent studies show that intense exercise may slow the progression of symptoms.

DAY OF THE WEEK	CLASS TIME	LEVEL	WMAY MEMBER	COMMUNITY MEMBER
<b>MONDAY</b>	11:30 AM-12:30 PM	1-2	\$35/Month	\$45/Month
<b>WEDNESDAY</b>	9:30-10:30 AM	1-2	\$35/Month	\$45/Month
<b>WEDNESDAY</b>	11:00 AM-12:00 PM	3-4	\$35/Month	\$45/Month
<b>FRIDAY</b>	9:30-10:30 AM	1-2	\$35/Month	\$45/Month
<b>FRIDAY</b>	11:00 AM-12:00 PM	3-4	\$35/Month	\$45/Month
<b>SATURDAY</b>	10:30-11:30 AM	1-2	\$35/Month	\$45/Month

## FIGHT BACK UH20 Held in the Warm Water Pool Aquatic Boxing Class is exclusive to the West Morris Area YMCA

Aquatic Boxing can help:

- Flexibility, range of motion, strength and balance.
- Ideal environment for balance training
- Participants are able to work on balance and gait training without fear of falling or injury.

DAY OF THE WEEK	CLASS TIME	LEVEL	WMAY MEMBER	COMMUNITY MEMBER
<b>THURSDAY</b>	11:00-11:45 AM	All Levels	\$35/Month	\$45/Month

Questions? Contact Carly at [carly@wmaymca.org](mailto:carly@wmaymca.org)