



I AM ROCK STEADY.

FIGHT BACK AGAINST PARKINSON'S DISEASE

ROCK STEADY BOXING

at Western Racquet & Fitness Club

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

Learn more at
rocksteadyboxing.com.

Call 497-1161 to schedule your free
assessment and register today!

Space is limited.

Varying levels taught
Monday-Wednesday
1:30pm - 2:45pm

Assessments take place
on Thursdays & Fridays

**MUST SCHEDULE A FREE
ASSESSMENT TO PARTICIPATE**

PRICING

\$85/month

for all Rock Steady Boxing classes
+ month-to-month club membership

*Cornermen can attend class for free or
add-on to club membership for \$22/month*

**ROCK STEADY
BOXING**
**WESTERN RACQUET
& FITNESS CLUB**

PREVEA
health

