

ROCK STEADY BOXING



ROCK STEADY BOXING is a non-contact boxing/circuit program for people at all stages of Parkinson's disease.

The goal is to improve balance, strength and overall movement. Also, maximize the mental, emotional and physical potential of people with Parkinson's disease.

**Classes: Monday and Thursday
5:00 to 6:00 pm**

**Contact: Coach Karin
269-209-5259**

**Classes are held at:
ROCK SOLID WELLNESS STUDIO
1332 E. Columbia Ave.
Battle Creek, MI 49014**

(Located near Pizza Sam's on Columbia Ave.)

CLASS REQUIREMENTS:

1. One-on-One assessment w/Karin Gallagher, Certified Rock steady Boxing Coach
2. Purchase Gel gloves and Boxing gloves (available for purchase at studio)
3. Membership to Program = 3 months sign-on
Cost: 3 Months for \$300.00
(Only \$12.50 per class)
4. Assessments are held on Thursdays by appointment only!

269.209.5259

