

# IN THIS CORNER, HOPE.

## ROCK STEADY BOXING BOSTON



### WHAT IS ROCK STEADY BOXING?

Rock Steady Boxing improves the quality of life for people battling Parkinson's disease through non-contact, boxing-inspired fitness training.

### WHAT WE OFFER

**Fitness** Classes to accommodate varying degrees of Parkinson's/fitness

**Support** From coaches who understand the effects of Parkinson's and how to fight back

**Camaraderie** Friends for fighters and caregivers

### CONTACT

**Al Latulippe** (978) 289-0799 (Call for more info)

RocksteadyboxingMA@yahoo.com

"Like" us on facebook @Rock Steady Boxing Boston

### CLASSES

Training classes include an exercise program that attacks Parkinson's at its vulnerable neurological points, while focusing on overall fitness, strength training, reaction time and balance.

No boxing experience is necessary and people of all ages are invited to participate.

#### Class Schedule:

**Mon - Wed - Fri**  
10:30am - 12:00pm  
&  
12:30pm - 2:00pm

**Sunday**  
11:00am - 12:30pm  
&  
1:00pm - 2:30pm

#### Location:

360 Merrimack St.  
Building 9, Entry H  
Basement Level  
Lawrence, MA 01843

## FIGHTING BACK AGAINST PARKINSON'S

ROCKSTEADYBOXINGBOSTON.COM