

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:

Friday

11:30am - 1:00pm

&

1:30pm - 3:00pm

Location:

85 Manchester St.

Concord, NH 03301

FIGHTING BACK AGAINST PARKINSON'S

ROCKSTEADYBOXINGBOSTON.COM