

ROCK STEADY BOXING



YOUR FIGHT BEGINS AT THE Y!

Parkinson's disease is a degenerative movement disorder which can cause deterioration of motor skills, balance, speech and sensory function. The mission of Rock Steady Boxing is to empower people with Parkinson's disease to fight back. Rock Steady Boxing gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing based fitness curriculum.



When: Mondays and Thursdays
1pm – 2:15pm

Where: Washington Community Y
2nd Floor Fitness area

Through support from the Parkinson's Foundation, the Rock Steady Class is free for participants & caregivers.



YMCA OF WASHINGTON COUNTY
520 W 5th St.
Washington, IA 52353
319-653-2141

For more information contact Angie
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