

ROCK STEADY BOXING

Rock Steady Boxing is an exercise program designed to improve the mobility, balance and strength of individuals fighting Parkinson's disease.

Our program includes:

- **No-contact boxing**
- **Stretching**
- **Balance and mobility training**
- **Strength training**
- **... and a supportive community!**

SCHEDULE

Monday
11:30 AM

Friday
11:30 AM

Interested?

Visit a class or contact head coach Philip:
704-622-0200 | huntersville@rsbaffiliate.com

