

# ROCK STEADY BOXING HUNTERSVILLE

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

## **Our program includes:**

- Non-contact boxing
- Stretching
- Balance and mobility training
- Strength training
- A supportive community!

## **Mondays, Wednesdays, and Fridays**

11:30 am - 12:30 pm

## **Tuesdays and Thursdays**

6:30 pm - 7:30 pm

## **INTERESTED?**

## **CONTACT COACH PHILIP**

704-622-0200

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