



NEWEST CLASS ADDITION

- Non-Contact Boxing
- Circuit Training
- Stretching

 EVERY TUES & THURS

 2 LEVELS OF CLASSES

BASIC 

2:00 - 2:40 PM

ADVANCED 

3:15 - 4:00 PM

STRETCHING

2:45 - 3:15 PM



HESKETT - LOWER LEVEL

Parking



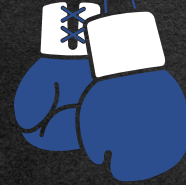
BENEFITS

- ✓ Improve Balance & Coordination
- ✓ Improve Motor Skills
- ✓ Boost Strength & Endurance
- ✓ Reduce Stress

BOXING FOR

EST.

2023



PARKINSON'S



BOXING GLOVES

\$30/Pair

Questions?

316-252-1877

WSU - HESKETT CENTER

1845 Fairmount St., Wichita, KS, 67260

More Information

www.clubparkinsons.org

info@clubparkinsons.org

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