

# IN THIS CORNER, HOPE.

## Fighting Back Against Parkinson's

### WHAT IS ROCK STEADY BOXING?

A non-contact, boxing inspired fitness training program that improves the quality of life for people battling Parkinson's. It involves:

**FITNESS CLASSES** to accommodate all ages and varying degrees of Parkinson's. No boxing experience necessary.

**SUPPORT** from coaches who understand the affects of Parkinson's and know how to fight back.

**CAMARADERIE** among friends.

The program attacks Parkinson's at it's vulnerable neurological points while emphasizing overall fitness, strength, reaction time, balance and cognition.

### TESTIMONIALS:

- My balance and overall condition have improved -PAD
- I like that it's specifically for PD -GC
- I like meeting people with the same health conditions. -BD & PAD
- I can see physical strength and movement. I am so glad I found this class. -TS
- This program & new friends have improved my life physically & emotionally -DW

### Parkinson's Fitness & Wellness

Unique Physique Fitness Center 3234 E. Market St. York, PA 17402



- ♦ Morning Classes
- ♦ Evening Classes
- ♦ Personal Training

### PLUS:

**PWRMoves** - fitness program developed by Becky Farley, founder of LSVT Big and Loud

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