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

---

**CONTACT:**

717-578-6150 (Lori)
york@rsbaffiliate.com
www.york.rsbaffiliate.com
717-873-4401 (Valerie)
Lvpwr4@gmail.com

---

*Parkinson’s Fitness & Wellness*

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