



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIGHTING PARKINSON'S

Rock Steady Boxing at the Y

Rock Steady Boxing gives people with Parkinson's disease hope. The program enables people with Parkinson's to fight their illness by providing non-contact boxing-style fitness classes that improve their quality of life.

Rock Steady Boxing classes are divided into two levels based upon each person's unique Parkinson's symptoms and overall level of fitness. We require all boxers to complete a one-on-one assessment with our coach to determine the class placement that would be of greatest benefit to them.

DOWNTOWN CLASSES:

Mon/Wed 10:15 - 11:45 am (P 1&2)
Tues/Thurs 10:15 - 11:45 am (P 3&4)
Sat 9:00 - 10:30 am (P 1- 4)

MONTHLY COST:

FREE for YMCA members
\$50 for non-members

**Financial assistance is available to those who qualify.*

For more information or to schedule an assessment:
rocksteady@ymcaswin.org ymcaswin.org/boxing
812.492.6713



Our Mission: The YMCA of Southwestern Indiana, Inc. following the example of Jesus Christ, responds to the community needs by serving all people, especially youth through relationships and activities that promote healthy spirit, mind and body.