

ROCK STEADY BOXING CLASS SCHEDULE

For People With Parkinson's Disease

INTRODUCTORY SCHEDULE - EFFECTIVE FEBRUARY 4, 2019

Day	Levels	Times
Monday	Level 3 and 4	1:30 - 3:00 PM
	Level 1 and 2	5:30 - 7:00 PM
Tuesday	Level 1 and 2	7:30 - 9:00 AM
Wednesday	Level 1 and 2	12:00 - 1:30 PM
	Level 3 and 4	1:30 - 3:00 PM
Thursday	Level 1 and 2	5:30 - 7:00 PM
	Level 1 and 2	7:30 - 9:00 AM
Friday	Level 1 and 2	10:30 AM - 12:00 PM
	Level 3 and 4	1:30 - 3:00 PM

Rock Steady Boxing Class Format

25-minute warm-up

45-minute boxing inspired circuit workout

10-minute core work

5-minute cool down

- All classes are held in the Agility Room.
- You must attend the level that is determined at your initial evaluation. Level changes may happen, but will be determined by a coach in order for you to take a different level class.
- Must bring your own boxing gloves and wraps.
- Wear good sneakers and please bring a water bottle.

For more information about this schedule, please contact:

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Body Zone Sports and Wellness Complex is a proud affiliate of Rock Steady Boxing International, a non-contact boxing inspired fitness program that addresses the symptoms experienced by people with Parkinson's Disease. The goal of Rock Steady Boxing at Body Zone? To be an embracing and welcoming community that empowers and supports our Parkinson's community through movement, exercise and full access to our wellness facility and programs.

