

*Join Us!*

# ROCK STEADY BOXING

## OPEN HOUSE

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.

**Date:** Thursday, September 26, 2019

**Time:** 6:00 PM

**Location:** Body Zone's main level meeting room

- Meet the Body Zone coaching team and watch them demo phases of a typical class.
- Hear from current Rock Steady Boxing at Body Zone participants about their experience and how it's helped them.
- Experience our customized, private and dedicated Rock Steady Boxing class space.
- Sign up for the program! The program offers 11 classes per week for two different levels of ability and includes a new aqua fitness class just for participants.
- Find out how to volunteer and make a difference in the lives of those living with Parkinson's Disease in our community.

**Sign up for the Open House!** Email Jason Kelly, [jkelly@bodyzonesports.com](mailto:jkelly@bodyzonesports.com) or contact Body Zone Guest Services, 610-376-2100.

Learn more about Rock Steady Boxing at Body Zone here:  
[bodyzonesports.com/rocksteady](http://bodyzonesports.com/rocksteady)

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610-376-2100

**BODY**<sup>™</sup>  
**ZONE**  
Sports and Wellness Complex