

# ROCK STEADY BOXING CLASS SCHEDULE

For People With Parkinson's Disease

EFFECTIVE MARCH 9, 2020

Day	Levels	Times
<b>MONDAY *</b>	Level 3/4	1:30 - 3:00 PM
	Level 1/2	5:30 - 7:00 PM
<b>TUESDAY</b>	Level 1/2	7:30 - 9:00 AM
	Level 3/4	11:15 AM - 12:45 PM
<b>WEDNESDAY</b>	Level 1/2	11:30 AM - 1:00 PM
	Level 3/4	1:30 - 3:00 PM
<b>THURSDAY</b>	Level 1/2	5:30 - 7:00 PM
	Level 1/2	7:30 - 9:00 AM
<b>FRIDAY</b>	Level 1/2	10:30 AM - 12:00 PM
	Level 3/4	2:00-3:30 PM
	Level 1/2 <b>NEW</b>	5:30 - 7:00 PM

## \* NEW CLASS

Aqua fitness for Rock Steady Boxing members only

**Mondays | 10:15 - 11:00 AM**

For all levels

## Rock Steady Boxing Class Format

20 to 30-minute warm-up

30 to 45-minute boxing inspired circuit workout

10-minute core work

5 to 10-minute cool down

- All classes are held in the Agility Room.
- You must attend the level that is determined at your initial assessment. 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:

Jason Kelly, Director of Wellness

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[bodyzonesports.com/rocksteady](http://bodyzonesports.com/rocksteady)

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**ROCK STEADY  
BOXING**

**BODY ZONE  
SPORTS AND WELLNESS COMPLEX**

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.

**BODY  
ZONE**  
Sports and Wellness Complex