

# Rock Steady Boxing Schedule

For People With Parkinson's Disease

SCHEDULE EFFECTIVE OCTOBER 12, 2020



## MONDAY

TIME	LEVELS	VIRTUAL	INSTRUCTOR
9:30-10:30 AM	Level 1/2	✓	Kyle
11:00-12:00 PM	Level 3/4	✓	Andre
5:30-7:00 PM	Level 1/2		Dan

## TUESDAY

TIME	LEVELS		INSTRUCTOR
7:30-8:30 AM	Level 1/2	NEW TIME	Melissa
1:00-2:00 PM	Level 3/4		Kyle

## WEDNESDAY

TIME	LEVELS	VIRTUAL	INSTRUCTOR
10:00-11:00 AM	Level 1/2	✓	Sarah/Andre
1:00-2:00 PM	Level 3/4	✓	Emily
5:30-7:00 PM	Level 1/2		Dan

## THURSDAY

TIME	LEVELS		INSTRUCTOR
11:15-12:15 PM	Level 1/2		Andre

## FRIDAY

TIME	LEVELS	VIRTUAL	INSTRUCTOR
10:15-11:15 AM	Level 1/2	✓	Connor
1:30-2:30 PM	Level 3/4	✓	Melissa

- All classes are held in the Agility Room or Body Zone Zoom account.
- Links for Zoom class meetings will be emailed to members.
- 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.

### 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



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.

For more information about this schedule, please contact:

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