

# Rock Steady Boxing Schedule

## For People With Parkinson's Disease

SCHEDULE EFFECTIVE SEPTEMBER 7, 2021

### MONDAY

TIME	LEVELS	INSTRUCTOR
8:00 - 9:00 AM	Level 1/2	Ricky
1:30 - 2:30 PM	Level 3/4	Andre

### TUESDAY

TIME	LEVELS	INSTRUCTOR
7:30 - 8:30 AM	Level 1/2	Melissa
5:30 - 7:00 PM	Level 1/2	Dan

### WEDNESDAY

TIME	LEVELS	INSTRUCTOR
10:45 - 11:45 AM	Level 1/2	Sarah/Ricky
1:00 - 2:00 PM	Level 3/4	Kyle

### THURSDAY

TIME	LEVELS	INSTRUCTOR
10:30 AM - 12:00 PM	Level 1/2	Andre
5:30 - 7:00 PM	Level 1/2	Dan

### FRIDAY

TIME	LEVELS	INSTRUCTOR
10:45 - 11:45 AM	Level 1/2	Kyle
1:30 - 2:30 PM	Level 3 /4	Melissa

- All classes are held in Body Zone's 2nd floor Blue Studio.
- Participants must attend the class level that is determined for them at their initial assessment.
- Please bring boxing gloves and wraps.
- Wear appropriate shoes and please bring a water bottle.

### Typical Rock Steady Boxing Class Format

Approximately 20 to 30-minute warm-up

Approximately 30 to 45-minute boxing-inspired, circuit-style workout

10-minutes core work

Five 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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