

Rock Steady Boxing Schedule

For People With Parkinson's Disease

SCHEDULE EFFECTIVE JANUARY 20, 2025

MONDAY

TIME	LEVELS	COACH
8:00 - 9:00 AM	Level 1/2	Lauren
10:45 - 11:45	Level 1/2	Josh
1:30 - 2:30 PM	Level 3/4	Andre

TUESDAY

TIME	LEVELS	COACH
7:30 - 8:30 AM	Level 1/2	Melissa
10:30 - 11:30 AM	Level 1/2	Colin
5:30 - 7:00 PM	Level 1/2	Dan

NEW!

WEDNESDAY

TIME	LEVELS	COACH
10:45 - 11:45 AM	Level 1/2	Michelle
1:30 - 2:45 PM	Level 3/4	Michelle

THURSDAY

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

FRIDAY

TIME	LEVELS	COACH
10:45 - 11:45 AM	Level 1/2	Lauren
1:30 - 3:00 PM	Level 3 /4	Melissa

For more information about this schedule, please contact:

Sarah Vecchio, Director of Fitness

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bodyzonesports.com/rocksteady

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

Typical Rock Steady Boxing Class Format

- Dynamic warm-up
- Strength, core and balance training in a circuit-style format
- Boxing on the heavy bags and speed bags
- Cool down and stretching



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.

