

# Rock Steady Boxing Schedule

## For People With Parkinson's Disease

SCHEDULE EFFECTIVE MARCH 31, 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

### 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 - 11:45 AM	Level 1/2	Andre
5:30 - 7:00 PM	Level 1/2	Dan

New Time

### 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:

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

