



ROCK STEADY BOXING BATON ROUGE

Fight Parkinson's Disease with non-contact boxing SOUTHSIDE YMCA

Southside YMCA offers Rock Steady boxing to fight Parkinson's disease with a fitness program designed to improve quality of life, sense of efficacy and self-worth for those affected by this disease. No boxing experience is necessary and people of all ages are invited to participate. Several medical studies on exercise and Parkinson's Disease have shown that forced intense exercise can slow the progression of the disease. This program has shown the ability to slow down the progression of this disease

- One time registration fee of \$70.00 includes wellness assessment with personal trainer and boxing gloves.
- The class costs \$50 for members and \$75 for non members per month.

WHEN: Tuesdays and Thursdays
TIME: 11am– 12pm
LOCATION: SOUTHSIDE YMCA
8482 Perkins Road
Baton Rouge, LA 70810
(225) 766-2991
ymcabr.org

