



ROCK STEADY BOXING MINNESOTA JCC

"Fighting Back Against Parkinson's"

CLASSES BEGIN OCTOBER 14

MINNESOTA JCC SABES CENTER MINNEAPOLIS
\$20 • \$15 MEMBER VALUE PRICE

LEVEL 1-2

TUESDAYS • 6-7 PM

THURSDAYS • 6-7 PM

SATURDAYS • 9-10 AM

LEVEL 3-4

TUESDAYS • 1-2 PM

THURSDAYS • 1-2 PM

SATURDAYS • 10:15-11:15 AM

The Minnesota JCC is proud to offer Rock Steady Boxing (RSB), an exercise program using boxing technique designed to improve the mobility, balance and strength for people at all stages of Parkinson's disease.

THE PROGRAM CONSISTS OF

- No-contact boxing
- Stretching
- Balance and Mobility Training
- Strength Training
- ...and many other scientifically proven exercises to help patients with Parkinson's

Rock Steady Boxing is designed to provide neuro re-education through crossing the midline and challenging balance. Anyone, at any stage of Parkinson's, can lessen symptoms and lead a healthier, happier life. Classes are led by qualified Rock Steady Boxing coaches specially trained in this approach.

Open to those at any age or any stage of Parkinson's. An initial assessment is required by a certified Rock Steady Boxing Coach, to ensure each boxer is placed in a group class appropriate for their level of fitness and ability. Space is limited.

Find more information and register at **MINNESOTAJCC.ORG**.

For questions, email minnesotajcc@rsbaffiliate.com or call 651.255.4763



FUN FACT: The Minnesota JCC Sabes Center is the **ONLY** Rock Steady Boxing site in the West Metro!

