

ROCK STEADY at the **BOXING** **SOUTHWEST YMCA** **TOPEKA**

Tuesday and Thursday—MP room

1:30 pm—2:30 pm

\$25.00 per 6 week session

Taught by RSB certified coach Adam Schroeder

We are learning every day that there are ways in which people with Parkinson's disease can enhance their daily quality of life and even build impressive power, strength, flexibility and speed! By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life. Register at the front desk today!

