



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILD POWER, STRENGTH, & FLEXIBILITY

ROCK STEADY BOXING

PARKINSON'S DISEASE MANAGEMENT PROGRAM

*Open to men and women of
all abilities.*

**20 TUESDAYS &
THURSDAYS**
9:30-10:45 A.M.

**📅 MONDAYS &
FRIDAYS**
9:30-10:45 A.M.

Through generous
funding, this
program is
FREE FOR ALL.

Registration required.

Need help with transportation?

Transportation assistance
provided by the ADRC.
Ask for more details



WHAT IS ROCK STEADY?

A program that gives people with Parkinson's disease hope by improving quality of life through a non-contact, boxing-based, fitness curriculum. Exercising with coaches who know the ropes, participants can fight their way out of the corner and start to feel and function better. Rock Steady works the body in all planes of motion, while continuously changing the routine as you progress through the workout.



**Support
groups are
available and
FREE FOR ALL.**

Parkinson's Fighters and their support person!
We meet once per quarter to go over lifestyle factors and disease management strategies.
Contact Emily Eresh for more details at
emilyeresh@oshkoshymca.org or 920-236-3380.