IN THIS CORNER, HOPE.
FIGHTING BACK AGAINST PARKINSON’S

Rock Steady Boxing is an exercise program designed to improve the mobility, balance and strength of people fighting Parkinson’s disease.

The program consists of:

• No-Contact Boxing
• Stretching
• Balance and Mobility Training
• Strength Training
• Overall motor recruitment
• Hand-eye coordination and mental focus exercises
• Specialized cardiovascular training
• Many other scientifically proven exercises to help patients with Parkinson’s
• Lots of FUN!

Rock Steady Boxing is a team environment. Teamwork and leadership emerge giving members regained confidence and an opportunity for socialization.

MUSC Wellness Center welcomes people of all fitness and functional levels to join us — whether you are still able to jump rope or function best with a walker, come laugh, sweat and fight back with us!

www.musc.edu/hsc

Call TODAY to find out more about this critical program
Alicia 843-792-1494

Classes Schedule:
Tuesday and Friday / 10:00-11:00am
11:00am-12:15pm
Tuesday and Thursday / 5:00pm - 6:15pm
More classes will be added soon!