



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILD POWER, STRENGTH, FLEXIBILITY, & SPEED

## ROCK STEADY BOXING

These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier and happier life.

**Call today to learn more!**

**SUPPORT GROUPS** are also available for **FREE** for all Parkinson's Fighters and their support person! We meet once per quarter to go over lifestyle factors and disease management strategies.

Rock Steady Boxing is one way that people with Parkinson's disease can enhance their daily quality of life and 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.

**20TH AVENUE YMCA**

**BEGINS OCTOBER 29!**

**MONDAY-FRIDAY 9:30-10:45**

**FEE:** \$30/month Members • \$75/month Activity Members  
Drop-in fee: \$15/class Members • \$25/class Activity Members

**OPTIONAL STARTER PACKAGE:** Includes gloves, wraps, t-shirt, and storage bag! \$75

*Other payment options are available upon request.*

**OPEN TO MEN AND WOMEN. ALL ABILITY LEVELS.**

Contact Rich Roehrick today for more details at [richroehrick@oshkoshymca.org](mailto:richroehrick@oshkoshymca.org) or (920) 230-8919.

**OSHKOSH COMMUNITY YMCA** [www.oshkoshymca.org](http://www.oshkoshymca.org) • 20th Avenue 230-8439 • 3303 W. 20th Ave.



SPONSORED BY:



Helping Seniors LiveWell at Home