

FIGHTING BACK

Against
Parkinson's



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



Our program consists of:

- *Stretching & Flexibility**
- *Mental Focus Exercises**
- *Balance & Mobility**
- *Strength Training**
- *Hand-eye Coordination**
- *Specialized Cardiovascular Training**
- *Non-contact Boxing**
- *Fine Motor Skills**
- *Voice & Facial Exercises**

Rock Steady Boxing is a team environment. Friendships emerge giving members regained confidence and an opportunity for socialization. We welcome people of all functional and fitness levels to join us. Come laugh, sweat, and fight back with us!



Join us !

Mondays at 11:00 AM

Wednesdays at 10:30 AM

Athletic Edge Sports & Fitness

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**ROCK STEADY
BOXING
ATHLETIC EDGE**