



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

STRONG & STEADY

Rock Steady Boxing

THE BENEFITS OF BOXING TRAINING

Non-contact Boxing training can be useful for managing symptoms of Parkinson's disease. This combination of interval cardio and boxing drills improves:

- Coordination
- Balance
- Endurance
- Strength
- Reaction time

AVAILABLE AS PART OF SCRIPTFIT

This program is available to members who qualify for ScriptFit, our prescription exercise program. Simply register for Scriptfit, and request the Boxing Program. See the ScriptFit program brochure for more information!

RECOMMENDED EQUIPMENT

12-16 oz. boxing gloves, hand wraps.



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Rocky Mount, VA 24151
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