

ROCK STEADY BOXING CARY

★ For Parkinson's ★

A high-intensity full-body exercise beneficial for people with Parkinson's, as seen on CBS Sunday Morning

Class Schedule

Mondays 10:30am -12:00pm
Wednesdays 10:30am -12:00pm
Fridays 10:30am -12:00pm
Sundays 2:00pm -3:30pm

Class for more advanced PD*

Wednesdays 1:30-3:00pm

*May require a "cornerman" (a carepartner present to help with monitoring/prompting)

Location

The Right Fit Health & Fitness Center
2978 Kildaire Farm Road, Cary

Cost

- \$95/month, which includes unlimited RSB classes AND full gym membership OR drop-in for \$25 per individual RSB class
 - **ALSO:** If your PD family carepartner wants to participate in the classes as well, the second membership for that person is \$75/month
 - **NOTE:** Although you may attend as frequently as you like, participation in at least 3 classes per week has been shown to have the most benefit. If you attend 3 classes per week, that's less than \$8 per class!
- **Equipment:** Boxing gloves and wraps are required. You can purchase these on your own or through RSB Cary. RSB Cary wraps are \$5, standard gloves are \$35, and leather gloves are \$40.

Pre-Assessment is Required!!! – Contact:

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