Now offering Rock Steady Classes to Parkinson’s patients

Benefits to Parkinson’s patients from rock steady boxing include:
• Improving gait through training your footwork
• Improving balance and coordination through glove work
• Feeling great and energized
• Improving confidence and quality of life
• Engaging in fun and fitness with friends

Classes are held Tuesdays and Thursdays at 12:00 pm, 1:00 pm and 2:00 pm at the Center for Health and Wellness, 200 South Orange Avenue, Livingston, NJ.

Why choose Rock Steady with us?
• Our coaches are all bachelors or mastered prepared in the field of exercise physiology and trained to specialize in the exercise needs and goals.
• We work around any health concerns or limitations and help build confidence

Sign up for an initiation fee of $15 with a monthly membership of $45 for unlimited classes and use of the facility.

To learn more or to sign up for rock steady classes, please call 973.322.7444, prompt 2.

The Center for Health and Wellness is a Rock Steady Boxing Affiliate.