

ROCK STEADY BOXING

ABERDEEN FAMILY YMCA

FIGHTING BACK AGAINST PARKINSON'S



**Head Coaches:
Bethany Hanson & Terrill Meier**

**Monday & Wednesday
10:45 – 11:45am
Studio 2**

Interested in joining the class?

**Contact: Terrill Meier
605-225-4910**

tmeier@aberdeenyumca.org

**Recommend getting forms filled out
and assessment done prior
to attending class if possible**

Rock Steady Boxing changes the course of Parkinson's disease. Our evidence-based exercise curriculum is specifically designed to impact the symptoms and slow the progression of the disease.

We are more than just an exercise program, we are a worldwide community fighting back together!

