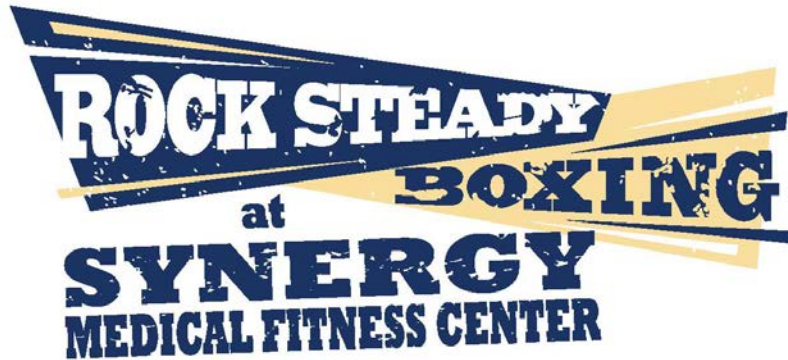


Rock Steady Boxing for Parkinson's Athletes



Training Schedule

Monday	12:30-2:00pm	Level 4
Monday	2:30-4:00pm	Level 2-3
Tuesday	9:30-11:00am	Level 1
Wednesday	1:00-2:30pm	Level 2-3
Thursday	12:30-2:00pm	Level 4
Thursday	4:00-5:30pm	Level 1
Friday	9:00-10:30am	Level 1
Friday	12:00-1:30pm	Level 2-3
Saturday	10:30am-12:00pm	Level 1-2-3

Synergy member fee: \$120/month (8 session package)

Non-member fee: \$200/month (8 session package)

\$50 assessment fee: Participants will receive an assessment with a certified coach and gear for classes. (Gloves, wraps, and a jersey)