



FIGHT BACK AGAINST PARKINSON'S WITH ROCK STEADY BOXING

Build power, strength and flexibility with coaches
who know the ropes!

FREE 12-WEEK PROGRAM

Starts: April 12th, 2022

Rock Steady Boxing

Tuesday's 5:00-6:15pm & Saturday's 12:00pm-1:15pm



For questions or to register, contact Eugene Lloyd at eugenelloyd@ymaryland.org.