

KEY BISCAIYNE COMMUNITY CENTER

PROUD SPONSOR OF

ROCK STEADY BOXING

VILLAGE of KEY BISCAIYNE



Rock Steady Boxing is a non-contact boxing-style fitness program that improves mobility, balance, strength, and the quality-of-life of people fighting Parkinson's disease. **Rock Steady** classes have proven that anyone, at any level of Parkinson's, can actually **lessen their symptoms** and lead a **healthier and happier life**.



IN THIS CORNER,
HOPE.



Classes taught by
Alexandre Furtado
Certified Rock Steady
Boxing Trainer

**Classes begin on
October 15th, 2018**

Mondays & Wednesdays

12:00 Noon—1:00 pm

Oasis Room—Second Floor

Cost: Free

(For Key Biscayne residents only)

Must register before attending first
class by contacting Roxy Lohuis-Tejeda

305-365-8953

FIGHTING BACK AGAINST PARKINSON'S