

ROCK STEADY BOXING WOODLAND

Rock Steady Boxing is a fitness program for individuals with Parkinson's Disease, designed to combat symptoms through a boxing-style exercise curriculum. Registration packets are available online at cityofwoodland.org/seniors, or for pickup at the Woodland Community & Senior Center. Participants must complete an intake process and obtain a physician's waiver to be accepted into the class. For more information or to schedule an intake appointment, contact the Woodland Senior Center at (530) 661-2001.

RSB Orientation and Intake Meeting

Friday, January 24 @ 1:30 pm

Class Information

Mondays and Wednesdays, 8:30-10:00 am
Woodland Community & Senior Center
2001 East St. Woodland, CA 95776
\$5/month residents, \$6/month non-residents
Ages 18/up
Coach: Steve Bonnel

