



NEW! Rock Steady Boxing for Parkinson's

Rock Steady is a non-contact boxing inspired class that has been shown to reverse, reduce, and even delay the symptoms of Parkinson's disease.

In Rock Steady Boxing, Parkinson's disease is the opponent, and exercises are designed to extend the perceived capabilities of the participant.

Taught by a Certified Rock Steady Coach & Sponsored by
The Rotary Club of Caldwell.

Please contact Joanne at 973-228-7665 or jvandien@caldwell-nj.com with any additional questions.

Class consists of a Warm up, Boxing, Strength, Balance, Core & Stretches

Participants must fill out paperwork.

Class Schedule:

Tuesdays @ 11:00AM
Wednesdays @ 7:00pm
Thursdays @ 1:00pm
Saturdays @ 11:00am