

# ROCK STEADY

# BOXING

# SAG HARBOR

TEAM  
**EPIC**



## WHAT IS ROCKSTEADY BOXING ?

RockSteady Boxing is a non-contact, boxing-inspired fitness program designed specifically for people with Parkinson Disease.

No prior boxing experience is required and we welcome all ages and fitness levels. All new boxers must have an initial intake prior to starting classes.

Classes are offered at no charge to participants, but there is a one-time materials fee of \$35.00 for boxing gloves and hand wraps.

**What:** RockSteady Boxing

**When:** Tuesdays and Fridays, 11am

**Where:** Epic Martial Arts

75 Main Street, Sag Harbor

**Please call Stony Brook - Southampton Hospital's Wellness Center to register for initial intake and classes: (631) 726-8800**

**FITNESS**



**SUPPORT**



**COMMUNITY**

**JOIN THE FIGHT AGAINST PARKINSON DISEASE !**