

JOIN NOW



This program for individuals with Parkinson's is supported by grants from the American Parkinson Disease Association Massachusetts Chapter, David Anton & Jim Kroeger of (RSB Windy City)



Wednesdays

Aug 30 – Dec 13, 2017, 1:30pm-3:00pm

Contact: Al Owner/Coach for more info

Cell: 978-289-0799 / RocksteadyboxingMA@yahoo.com

CoreBox Training Center | 11 Randolph, Rd | Randolph, MA 02368

No Boxing Experience Is Necessary

Participants must be able to stand for all or most of the 1.5 hour
(some breaks included)



COREBOX

TRAINING CENTER



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rocksteadyboxingboston.com
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