

JOIN NOW



This program for individuals with Parkinson's is sponsored by grants from the American Parkinson Disease Association Massachusetts Chapter, David Anton, Shawna & Seamus Steuternan and John's Plumbing & Heat



Wednesdays

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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MASSACHUSETTS CHAPTER

rocksteadyboxingboston.com

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