



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FIGHTING BACK AGAINST PARKINSON'S

## CHAMBERSBURG MEMORIAL YMCA

**COME AND SEE  
WHAT WE ARE  
ALL ABOUT!**



# ROCK STEADY BOXING

Rock Steady Boxing (RSB) is a non-contact boxing based curriculum serving individuals with Parkinson's disease. Through rigorous exercise, emphasizing gross motor movements, balance, core strength and rhythm, RSB is providing hope, enabling individuals to fight back and favorably impact their range of motion, gait, flexibility, posture, daily living activities and overall quality of life.

**Y-Member: \$40/month** ♦ **Non-Y Member: \$60/month**

\*MONTHLY FEE INCLUDES 2 CLASSES PER WEEK. OPTIONAL 3RD CLASS AVAILABLE FRIDAY'S FOR ADDT'L FEE

**Scholarship & Financial Aid opportunities available**  
**Must register and be approved for participation**

**Call for more information or appointment to register!**

**Contact Angie Hoffmann: [ahoffmann@chbgym.org](mailto:ahoffmann@chbgym.org) | 717-446-0533**