



# ROCK STEADY BOXING OCEAN 8 YOGA

## FIGHTING BACK AGAINST PARKINSON'S DISEASE

Rock Steady Boxing's unique non-contact boxing inspired program has proven that through exercise, anyone, at any level of Parkinson's can fight back, find hope, and work toward achieving a healthier life.

Through the Rock Steady Boxing Program, people living with Parkinson's have experienced improvements in physical health, muscle strength, cognitive function, motor control, flexibility, balance, and daily activity.



**Tuesdays @ 1pm-2pm**

**Fight Ignite  
424 Main St.  
West Creek, NJ**



Contact instructors Stephanie and Angie to learn more:

Angie Maguire - Head Coach

Ph: (310) 775-1521

Stephanie Gordon - Head Coach

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