



Jewish Community Center of Middlesex County
"Community is Our Middle Name"

**Classes Begin
December
2nd!**

FIGHT BACK AGAINST PARKINSON'S!

Rock Steady Boxing gives people with Parkinson's hope by improving their quality of life through a non-contact boxing based fitness curriculum.



TUESDAYS & THURSDAYS

10AM-11:15AM

\$75/MONTH

(OPEN TO JCC MEMBERS & NON-MEMBERS)

**All participants must
complete an individual
evaluation prior to
participating.
(One-time fee of \$20)**

Contact Us

📞 732-494-3232 x3605

🌐 Laurie Post at Lpost@jccmc.org

**ROCK STEADY
BOXING**
JCC of MIDDLESEX COUNTY