



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

