

Rocksteady Boxing



Instructor Al Latulippe is certified as a personal trainer and as a Rock Steady Boxing coach.

Each class begins with stretching and a warm-up followed by calisthenics and strength-based exercises, many of which occur on a mat on the floor. Participants then don their gloves and wraps and practice their boxing skills on designated punching bags. The program aims to improve overall strength and stability, in addition to offering a community for people with Parkinson's disease to connect with each other and to other resources.

The Parkinson's Disease and Movement Disorders Center at BIDMC is proud to partner with Rock Steady Boxing to provide this popular, high-energy wellness program. Participants will receive their own **boxing gloves and wraps.**

Rock Steady Boxing classes are expanding to include care partners (space permitting). We are registering participants for sessions and a few openings for new students remain. Participants for this series must be able to stand for all or most of the 1-hour sessions.

When:

Tuesdays, 11 AM or 1 PM
Thursdays, 11 AM or 1 PM

Cost:

\$195/12 Weekly Classes
\$60 Equipment fee for new participants

Where:

Nonantum Boxing Club
75 Adams Street, Newton, MA
Boston, MA 02215

Register:

miyer@bidmc.harvard.edu
or 617-667-5215
Registration is required as space is limited.