

**YOU ARE
CORDIALLY INVITED**

BELOIT ROCK STEADY BOXING
Physical Therapists
Night

Wednesday, March 20, 2019

5:30-7 p.m.

Big Hill Center

1201 Big Hill Court, Beloit

FREE event-details inside

**Learn how Rock Steady can
Benefit YOUR Clients
with Parkinson's Disease**





Join us during this exclusive event for physical therapists

BRING A FRIEND OR COLLEAGUE

***RSVP to Paula Schutt
City of Beloit Recreation Coordinator
at 608-751-3327 or
schuttp@beloitwi.gov***

See a class in action: If you cannot attend
Wednesday March 20, please consider stopping
in during one of our classes:

**Tuesday, March 19 or Thursday, March 21
5:30–7 p.m.**

Discover why Rock Steady Boxing gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing based fitness curriculum while you tour the facility and try out the machines.

ESPN conducted a study that compared the training styles of 60 mainstream sports to 10 degrees of difficulty: Endurance, strength, flexibility, power, speed, agility, nerve, durability, hand-eye coordination and analytic aptitude.

The #1 most demanding sport? Boxing!



**Rock Steady Coach
Doug Anderson**



**Rock Steady Coach
Connie Udell**



Rock Steady Boxing is a program of City of Beloit Parks & Recreation

*The mission of Rock Steady Boxing is to empower
people with Parkinson's Disease to fight back*

Directions from Beloit:

Take Afton Road north out of Beloit. Just past the Beloit Town Hall, turn right on W. Big Hill Drive. Turn left at Big Hill Park sign and then take the first left. Follow the road, keeping right and park in lower level lot of Big Hill Center. Entrance is to the left of the large garage door.

**For more information, please contact Paula Schutt,
Beloit Parks & Recreation Coordinator at 608-751-3327
or 608-364-2890 or schuttp@beloitwi.gov**

