

ROCK STEADY BOXING

Rochester & Webster

Our Rock Steady Boxing (RSB) programs are designed to improve the quality of life of people with Parkinson's disease through a non-contact, boxing-based fitness curriculum.

Rock Steady Rochester

565 Blossom Rd, Ste E,
Rochester, NY

▶ **Level 1/2**

Monday & Wednesday - 10am
Friday - 9:15 am

▶ **Level 3/4**

Monday & Wednesday - 11:15 am

Initial evaluation required to participate in all RSB classes.

Rock Steady Webster

1350 Chiyoda Dr,
Webster, NY

▶ **Level 1/2**

Tuesday & Thursday - 10:30am

Pricing:

Individual: \$18 per Class
10-Pack Package: \$155
Monthly Unlimited: \$139



191 W Main St, Webster ▶ 1328 University Ave, Rochester

Phone: 585-259-0782 ▶ Fax: 585-512-8372

www.wellness360fitness.com