



## Boxing To Fight Parkinson's Therapy Fitness Class



This non-contact boxing class inspires a fitness routine that can dramatically improve the ability of people with

Parkinson's to live independent lives. People with this disease are given hope by improving their quality of life and a sense of efficiency and self-worth through this fitness-based curriculum. This fitness approach has been determined to be the best exercise program.

Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork, balance and overall strength.

