

Parkinson's Programs

Rock Steady Boxing

Parkinson's Rock Steady Boxing focuses on improving strength, power, and flexibility through boxing based exercise and movements. Come join us for a **rocking workout** with Angee Ludwa, MPT. Space is limited, sign up today!

NEW Days/Times beginning the week of October 5th:

- Every Monday at 10:00 a.m.
- Every Friday at 10:00 a.m.

Location: Auxiliary Gym at Ascension Genesys Health Club

Cost:

- Active Members: Free
- Frozen Members/Non-Members: \$5 per class cash ONLY, exact change appreciated

For new participant assessment: Contact Angee Ludwa, MPT at 248-760-2019 or aludwa@comcast.net

For more information: Contact Programs Manager Jackie Colpean at 810-606-7518 or via email at Jackie.Colpean@Ascension-external.org

Please be advised of the following:

- Social distancing is required
- Open to members and non-members
- 10 participant - class limit per state guidelines
- Participant masks required at all times while in the club
- Equipment will be spaced 6 feet per protocol, sanitized and individually assigned per person
- Bring your own water

 Stay up to date with Ascension Genesys Health Club updates! Receive special offers and the latest information on all the programs and services you love "real time" on Facebook @AGHCfit and also stay in the loop by visiting us online at www.AscensionGenesysHealthClub.com!