

BHIC

BEVERLY HILLS & CLUB



Rock Steady Boxing

A fitness program for those with Parkinson's disease.

Rock Steady Boxing is here!

*A fitness program enabling those with
Parkinson's disease.*

*Helping them fight their disease in a
non-contact boxing style.*

Our Rock Steady Certified instructors are ready....

Get started today! Meets Mon & Wed 12:30-2p

Monthly Cost \$87/members \$125 others

Open to Members & Non-Members

**To get started: 1-time assessment fee of \$69 (includes boxing gloves & wraps)
Call 248-642-8500 or email Shawn @ SHAWN_SAGEBHC@COMCAST.NET**

