What is Rock Steady Boxing?
Rock Steady Boxing is designed specifically to address the unique symptoms of Parkinson’s disease.

What can I gain from Rock Steady Boxing?
Improved cardiovascular fitness, increased muscle strength, enhanced balance, coordination, agility, speed, mental focus, camaraderie, stress relief, and FUN!

When are classes available at Edgewood?
Tuesdays
11:00 am

How do get more information and Register?
Contact Jake today at 701-551-5011 or jake@tntkidsfitness.org