

ROCK STEADY BOXING



RSB is a non-contact boxing-style fitness program developed specifically for People with Parkinson's and can help to improve:

- Movement
- Flexibility
- Posture
- Gait
- Balance
- Strength

RSB also builds social connections, community and camaraderie

Suitable for all levels of mobility!

Limited places available



Where : 2/15 Bentley St, Williamstown North

When : Assessments in July – Program – August

Cost : \$60 Subsidised through HB grant

To Register: <https://www.trybooking.com/CSBOS>