



FIGHT BACK AGAINST PARKINSON'S

New participants must schedule an assessment and provide medical clearance prior to enrolling. The class is ongoing throughout the year, and participants may attend as many classes as they choose.

Contact coordinator
Mailynn Pratt at
mailynn@jacksonymca.org
or call the Y at
517.782.0537.



Rock Steady Boxing gives people with Parkinson's disease hope. The program enables people with Parkinson's to fight their illness by providing non-contact boxing-style fitness classes that improve their quality of life.

Rock Steady: Tuesdays & Thursdays, 1:15-2:45 pm
Summit Branch

Strength: Fridays, 10 am to 1:30 pm; by appointment
Downtown Wellness Center

Cost: \$89/month, which includes Y membership
(Additional one-time assessment fee also required)
Financial assistance is available

Summit: 2151 Fergusson Rd. JacksonYMCA.org