



# KNOCKOUT PARKINSON'S BOXING PROGRAM



## ▶ **BENEFITS**

- ✓ Improve motor skills
- ✓ Enhance strength
- ✓ Increase focus & concentration
- ✓ Foster social connections

## ▶ **SCHEDULE**

- Knockout Parkinson's Boxing:  
**Monday/Wednesday at 10:30am**
- Evaluation required prior to joining.  
Contact us for scheduling options.

## ▶ **PRICING**

- Evaluation: \$50
- Drop-in Class: \$30
- Monthly membership: \$150

**SCAN THE QR  
CODE AND  
WE WILL  
REACH OUT!**



## **OUR MISSION**

Our mission is to empower our community through boxing by providing a safe space that promotes strength, resilience, and well-being for all.

## **CONTACT US**



**(980) 349 - 8382**



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