



BOXING 4 BALANCE



Adults - Coed
Wednesdays, October 7-November 11
Noon – 1:00 pm
Weinberg Park Heights JCC – Karate Studio

Boxing and Balance go hand in hand and both are effective components of managing Parkinson's Disease. Combat the progression of this disease in this six-week specialized program, led by Certified Personal Trainer, USA Boxing, and Rock Steady Boxing Coach, Inbal "Innie" Neun. Participants can expect to improve strength, balance, flexibility, and cardio endurance all the while mastering tailored movements and elements of Boxing.

All abilities are welcome, and seating accommodations will be available.

Training limited to six participants
Fee: \$210/person. JCC Members only
REGISTER AT jcc.org/SmallGroupTraining

For questions or registration support, contact Denard Smith
at dsmith@jcc.org | 410.500.5921 or Innies Neun | 410.562.2048.