

We FIGHT Parkinson's

NOW
OFFERING



**ROCK STEADY
BOXING**

Di's
Personal
Fitness



Rock Steady Boxing is a fitness program, developed to help people diagnosed with Parkinson's to fight back against the disease and enable them to maintain their quality of life.

For more information or to schedule a visit, call 607-738-7611

Di's Personal Fitness Studio

Located at 228 Oakwood Avenue, Elmira Heights, NY 14903

www.DisPersonalFitnessStudio.com

Check our website for other available fitness programs and classes for all ages and fitness levels