

Fit to Fight



IN THIS CORNER, HOPE.

What is Fit to Fight?

Fit to Fight improves the quality of life for people battling Parkinson's disease through non-contact, boxing-inspired fitness training.

Training classes include an exercise program that attacks Parkinson's at its vulnerable neurological points, while focusing on overall fitness, strength, reaction time and balance.

Class is open to ALL people with a Parkinson's Diagnosis!

FIGHTING BACK AGAINST PARKINSON'S

The physical part of the class is obviously important, but the friendships and emotional support that have developed are very helpful as well.

-Connie Fox, Spouse

Brad and Cole base their instruction on what they see each of us needs. I feel I am stronger and that my posture has improved.

-David Fox, Boxer

The Y and the coaches have been enthusiastic, friendly and very supportive. I love the camaraderie amongst the participants.

-Terri May, Boxer

There is no cure for this disease, but there is HOPE. The YMCA is striving to help us improve our physical and mental health.

-Paul Decker, Boxer

CLASSES

Monday

12:00pm-1:30pm

Friday

10:30am-12:00pm

Space is limited. Pre-registration is required
Call 222.9622 to reserve your spot.

Cost: \$10/month Y Members | \$50/month Non-Members



Visit our Welcome Desk to register!

222.9622 | quincyymca.net