

**INDEPENDENCE.  
STRENGTH.**



**COURAGE.  
FIGHT FOR YOU.**

# FIT TO FIGHT PARKINSON'S

- Group Fitness class that meets every Tuesday & Friday 10:30am-12pm
- By participating in Fit To Fight with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better. These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life.
- Part of the class we do boxing, it helps with hand eye coordination, balance, and strength



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**Quincy Family YMCA**