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HELP US FIGHT BACK



Rock Steady Boxing Volunteers Needed TRI-COUNTY YMCA

Rock Steady Boxing gives people with Parkinson's Disease hope. The program enables people with Parkinson's Disease to fight their illness by providing non-contact boxing-style fitness classes that improve their quality of life. All sessions are held at the Tri-County YMCA: 131 E. 16th St. Ferdinand, IN 47532

We Need Volunteers Who Can Do the Following:

- Setup class equipment 15 minutes before class
- Encourage and motivate boxers with energy and enthusiasm
- Provide a safe and positive environment for the boxers
- Learn and adapt to the Rock Steady way
- Make our team better everyday
- Bring love and support continuously



DAYS NEEDED: Tuesdays and/or Thursdays; Please make 1 day a week consistently

TIME: 10:30 AM—12 PM; Arrive 15 mins early and stay 15 mins after

LOCATION: TRI-COUNTY YMCA

AGE: Must be 18 years or older

Please contact Kristen at 812-367-2323 or by email at kristen@tricityymca.org if you are interested or have questions.