



BOX WITH US!



Parkinson Boxing is here in Dallas!

Boxing training for Parkinson Disease has captured the national media spotlight from NPR and CBS, reporting that it has the potential to improve endurance, balance, and quality of life.

What?

SOUTH PAWS Boxing Club is a research-based, non-contact boxing program designed by physical therapists specifically intended to use principles of neuroplasticity and postural control in an effort to improve or maintain function and quality of life for persons with Parkinson Disease.

Why boxing?

Intense aerobic exercise has been linked often to neuroprotective effects in a variety of research. Boxing combines this desired moderate to intense aerobic exercise with functional reaching activity, core strength, postural awareness, and targets improved balance through focusing on footwork!

How Much?

Try your first class for FREE!

Drop in for \$25

Class Passes and

Automated Payments Are cheaper



*Suggested minimum of 2 workouts/week

** Financial assistance may be available on a case-by-case basis

WHEN?

See the Tribe Wellness Calendar or contact us for class times and locations.

Class activities include:

- Boxing techniques
- Punching combinations
- "Mitt work"
- Footwork drills
- Circuit training
- Stretching

For more information, contact:

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www.tribewellness.org