

## Boxing/Fitness For Beginners



**Box Clever with Parkinson's  
Exercise Training Programme**

**Specific moves to help:**

**Improve stiffness (warm-up  
muscle stretching)**

**Power and strength (hitting  
heavy bags)**

**Balance and agility (footwork  
& drills)**

**Hand-eye coordination  
(punching speed bags) and**

**Cognitive processing to name  
but a few**

**Members and non-members are all welcome**

### Parkinson's Harrogate

### **Boxing/Fitness For Beginners**

### At Bilton Health and Well Being Hub

<b>When:</b>	<b>Every Wednesday 11 – 12pm From 11<sup>th</sup> September 2024 onwards</b>
<b>Cost:</b>	<b>£5 Per Session</b>
<b>Venue:</b>	<b>Bilton Health and Well Being Hub 69 Bilton Lane Harrogate HG1 3DT</b>
<b>Reservation:</b>	<b>Chanelle McGill Email: <a href="mailto:chanellemcgill@hotmail.co.uk">chanellemcgill@hotmail.co.uk</a> Tel: 07766 488688</b>

**Parkinson's UK Harrogate & District Branch**

For More Info': <https://www.harrogateparkinsons.co.uk/>