



All new clients must complete a 45-minute Initial Assessment (\$25) before starting services with NBC. Includes one free Group Fitness Class (excludes fitCircuit).

Monday
1:00 - 2:30 PM – Rock Steady Boxing – Level 2/3 (\$25 per class)
Tuesday
6:00 - 7:30 PM – Rock Steady Boxing – Level 1 (\$25 per class)
Wednesday
10:30 - 11:30 AM – Rock Steady Boxing – Level 4 (\$15 per class)
1:00 - 2:30 PM – Rock Steady Boxing – Level 2/3 (\$25 per class)
Thursday
6:00 - 7:30 PM – Rock Steady Boxing – Level 1 (\$25 per class)
Friday
10:30 - 11:30 AM – Rock Steady Boxing – Level 4 (\$15 per class)
1:00 - 2:30 PM – Rock Steady Boxing – Level 2/3 (\$25 per class)
Saturday
10:00 - 11:30 AM – Rock Steady Boxing – Level 1 (\$25 per class)
12:30 - 2:00 PM – Rock Steady Boxing – Level 2/3 (\$25 per class)

Rocky Steady Boxing Level Descriptions

- LEVEL 1** Level 1 boxers usually have some experience with some form of athletics and are able to tolerate a more physically intense workout. Participants demonstrate minimal challenges with balance and mobility. Classes are fast paced with quick transitions between exercises. The focus of these classes is to improve or maintain overall fitness. Boxers in this class require no physical assistance.
- LEVEL 2/3** Level 2/3 boxers are able to tolerate higher intensity exercise intervals with rest breaks. Participants may have more challenges with mobility balance and coordination. Classes will challenge cardiovascular, balance, and coordination but with more modifications. The workouts are designed to improve or maintain flexibility, balance, posture, deep breathing, voice, range of motion, and fine and gross motor skills. Boxers in this class may require some physical assistance.
- LEVEL 4** Level 4 classes are slower paced, and are performed seated or in standing with support. This class is recommended for boxers with more advanced mobility and balance challenges. Level 4 is suitable for boxers with balance impairments and for those with minimal prior athletic experience. Classes aim to improve or maintain flexibility, balance, posture,