If you’re living with Parkinson’s Disease this is your invitation from St Kilda PCYC to participate in our Boxing for Parkinson’s.

While boxing is the focus we’ll also take you through a range of activities that could make a positive difference to your balance, gait, flexibility, strength and overall fitness.

Best of all, it’s a fun workout with people who understand the challenges.

Venue: St Kilda PCYC
Dates: Tuesdays 16 April - 23 July, 2019
Time: 11am

For class bookings please call 9534 7584.

These classes are a pilot programme made possible by the generous support of the City of Port Phillip.

St Kilda PCYC, 179 Inkerman Street, St Kilda