During these unprecedented times, it is imperative that people living with Parkinson’s stay active and continue their workout regimens. While we can’t go into the gym, LDBF Boxing for Parkinson’s (pdboxing.org) invites the Parkinson’s community to join our virtual boxing classes.

**LDBF BOXING FOR PARKINSON’S INVITES THE PARKINSON’S COMMUNITY TO PARTICIPATE IN VIRTUAL BOXING CLASSES**

**Eight 45-minute Classes Available**

LDBF offers three class levels. Each class is 45-minutes and taught by LDBF Trainer, Bryan Jensen:

1. **LEVEL 1/2 CLASSES:**
   For active individuals with minimal disability and able to handle a faster-paced class and more-intense standing workout.

2. **LEVEL 3/4 CLASSES:**
   For those individuals who require a seated less intense workout.

3. **HIGH INTENSITY CLASSES:**
   For those individuals who want to be pushed and challenged. Ideal for the newly diagnosed and those with Young Onset.

**Each class includes:**
- 15 minutes warm up
- 15 minutes shadow boxing
- 15 minutes cool down

**WHAT DO YOU NEED:**
- A cleared open space so that you do not create any safety issues, preferably 12’ X 12’ minimum.
- Level 1/2 - Bryan suggested light weights (1-3 lbs). If you don’t have weights, you can use two water bottles.
- Level 3/4- Pull up a comfortable chair, wear a smile and ask your family members to join in!

**TO LOG INTO THE VIRTUAL CLASSES: BOXING GLOVES ARE OPTIONAL**

1. Click on or cut and paste into your browser [https://www.zoom.us/](https://www.zoom.us/)
2. Click on the orange sign up for free button.
3. Follow the prompts:
   - Insert your email address
   - An email will be sent to that email asking you to click on the link.
   - Click on link in the email and it will ask you to set up a password.
   - Once you have signed up, you will hit "Join a meeting"
• Insert this number into box that says "Meeting ID/Personal Link" 3412742954
• Wait until Bryan Jensen, LDBF trainer appears on your screen and have fun!
• Once class starts, please mute the sound on your computer.

Virtual Class Schedule:
1. Monday, Level 1/2 @ 11:00-11:45 AM
2. Monday, Level 3/4 @ 12:00-12:45 PM
3. Wednesday, Level 1/2 @ 11:00-11:45 AM
4. Wednesday, Level 3/4 @ 12:00-12:45 PM
5. Friday, Level 1/2 @ 11:00-11:45 AM
6. Friday, Level 3/4 @ 12:00-12:45 PM

High Intensity Class Schedule:
1. Tuesday, High Intensity @ 11:00-11:45 AM
2. Thursday, High Intensity @ 11:00-11:45 AM

COST:
Classes are $12/session
• Log onto pdboxing.org
• Click on donate button – delete the amount in the top box and type $12.00
• Fill in your information

Questions
Contact Denise Formisano @ 404-747-3032 for payment options.

LDBF BOXING FOR PARKINSON’S
LDBF Boxing for Parkinson’s mission is to enhance and potentially prolong the lives of people living with PD through non-contact boxing training programs taught in a safe and supportive environment. Vigorous and intense boxing training is combined with intentional mind-body strengthening and goal-oriented coordination techniques, which research shows can slow disease progression, lessening symptom severity, enhancing safety and prolonging independence, encouraging socialization and promoting physical, emotional and cognitive well-being.