

Hello everyone!

Rock Steady Boxing for the month of May will be completely virtual. What you see below is the breakdown of the options you have for May. It is my intention to maintain zoom classes after the end of May, but right now I have no idea what that will look like. It is a hard time for everyone, but to know that there is such a strong group supporting Rock Steady, makes everything so much easier, financially and mentally.

Classes are 90 minutes with stretching/warm-up, workout, cool down. Minimal equipment is needed but so far we have used hand towels, chair, and yoga mats. Hand weights (can substitute water bottle, gallon jugs, bean bags, gloves, etc.), hand wraps, boxing gloves, can be used but are not required.

Class Schedule:

- Monday 10:30am – 12pm
- Tuesday 10:15am - 11:45am
- Wednesday 10:30am – 12pm
- Thursday 1:30pm – 3pm
- Friday 10:30am-12pm

Please pay via PayPal: [paypal.me/rocksteadynctriangle](https://www.paypal.me/rocksteadynctriangle)

- **Individual Class: \$15 dollars**

Due by midnight the night before the class you want to participate in. This keeps you accountable to show up to class and allows us the time to send you the log-in information. Please just pay for the one class you plan to take the day/night before you plan to take it. If you pay Monday, the class you get access to is Tuesday ONLY. I know this seems tedious, but from an administrative standpoint this will be the least complicated way to keep up with these, especially if other people join us outside of our NC Triangle Group.

- **Week: \$40**

Due by midnight each Sunday night. You will have access to live zoom classes only; you will not have access to recorded classes, happy hours, extra information such as yoga videos, mental health information, etc.

- **Month: \$100**

Due by midnight, Sunday May 3rd. You have access to everything, live classes, recorded classes, weekly challenges, happy hours, and a private Facebook group to allow for a forum of communication, class postings, and extra information such as, yoga classes, meditations, etc.

Virtual Personal Training: 30/60 minutes

If you are new to Rock Steady, you can use this time as an introduction to the basic punches, movements, and footwork. If you are an existing Rock Steady member, you can use this time to brush up on form, ask any questions you have about specific exercises, focus on form, etc. If you are interested, please contact me directly at amnovachek@gmail.com

Again, my sincerest thanks to all of you. For supporting us, yes. But for showing up, continuing to fight back even when times are tough. For being there for me, for our program, and for each other. I miss seeing you in the gym more than you know as I know you all miss each other as well. That time will come, but for now, we continue to keep each other going.

Amanda M Novachek, MS, CRC
Rock Steady Boxing NC Triangle, LLC
Rock Steady Boxing Cary
Rock Steady Boxing Raleigh