

Rock Steady Boxing

Jan/Feb/March

2025

FOR QUESTIONS PLEASE CALL **770-793-7300**

Please note: Special Clearance Required

Fight back against Parkinson's with this 60 or 90-minute workout that focuses on balance, core, and boxing techniques.

What is Rock Steady Boxing (RSB)?

Rock Steady Boxing is a one-of-a-kind, Indianapolis-based nonprofit gym founded in 2006 to provide a uniquely effective form of physical exercise to people living with Parkinson's. Though it may seem surprising, this non-contact, boxing-inspired fitness routine is dramatically improving the ability of people with Parkinson's to live independent lives. RSB was founded by former Marion County (Indiana) prosecutor Scott C. Newman, who was diagnosed with Parkinson's disease at the age of 40.

What are the benefits of RSB?

Studies show that rigorous exercise, emphasizing gross motor movement, balance, core strength, rhythm and hand-eye coordination, can favorably impact range of motion, flexibility, posture, gait and activities of daily living. Recent Cleveland Clinic studies focused on intense "forced" exercise suggest that certain types are neuro-protective, and may actually slow disease progression. RSB provides encouragement through a "tough love" approach, inspiring maximum effort, speed, strength, balance and flexibility. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. RSB classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00am (90 min) <i>Rock Steady Boxing</i>	11:00am (60 min) <i>Rock Steady Boxing</i>	11:00am (90 min) <i>Rock Steady Boxing</i>	11:00am (60 min) <i>Rock Steady Boxing</i>	11:00am (90 min) <i>Rock Steady Boxing</i>
	12:30pm (60 min) <i>Rock Steady Boxing</i>		12:30pm (60 min) <i>Rock Steady Boxing</i>	

My I Club QR Code and Link Here



- Aerobic Room 2: Downstairs
- Pool

Wellstar Health Place

Monday- Friday 4:45AM-9:00PM

Saturday & Sunday 8:00AM-5:00PM