WHAT'S A CLASS LIKE?

Training classes, taught by Certified Personal Trainers, include an exercise program that attacks Parkinson's at its vulnerable neurological points. While focusing on overall fitness, strength training, reaction time and balance, work-outs include: ring work, focus mitts, heavy bags, speed bags, double-ended bags, jump rope, core work, calisthenics and circuit weight training. No boxing experience is necessary and people of all ages are invited to participate. Boxers, both male and female, range in age from mid-30s to early 90s.

ROCK STEADY BOXING LINCOLN

For more information, please contact:

ROCK STEADY BOXING - LINCOLN
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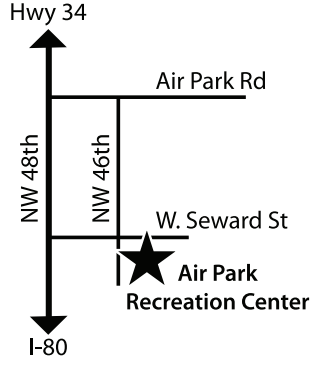

Lincoln Parks & Recreation

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ROCK STEADY BOXING LINCOLN

IN THIS CORNER, HOPE.

FIGHTING BACK AGAINST PARKINSON'S

WHO WE ARE

Rock Steady Boxing (RSB) is a first-of-its-kind, Indianapolis-based nonprofit gym founded in 2006 to provide an effective form of physical exercise to people who are 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 in 2006 by former Marion County (Indiana) prosecutor Scott C. Newman, who was diagnosed with Parkinson's disease at age 40.

Coach Ryan Mohling

Coach Tony Kelly

WHAT WE DO

RSB enables people with Parkinson's disease to fight their disease by providing non-contact boxing-style fitness programs that improve their quality-of-life and sense of efficacy and self-worth. Recent studies also suggest that intense exercise programs may be "neuro-protective," actually working to delay the progression of symptoms. **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.

WHAT WE OFFER

1. **Classes: RSB** offers four different levels of classes to accommodate varying degrees of Parkinson's/fitness.

   Mondays:
   PD Levels 1-2: 10:00-11:30 AM

   Tuesdays:
   PD Levels 3-4: 10:00-11:30 AM

   Wednesdays:
   PD Levels 1-2: 10:00-11:30 AM

   Thursdays:
   PD Levels 3-4: 10:00-11:30 AM

   Saturdays:
   PD Levels 1-4: 10:00-11:30 AM

2. **Support:** Network of coaches and friends available for assistance.

3. **Camaraderie**: Friends for fighters and caregivers.