

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.

Our Mission: The mission of Rock Steady Boxing is to equip our affiliates and empower the coaches to improve the quality of life of people with Parkinson's disease through a non-contact, boxing-based fitness curriculum.



SOUNDVIEW FAMILY YMCA
CENTRAL CONNECTICUT COAST YMCA
628 EAST MAIN STREET
BRANFORD CT 06405
P 203 481 9622 F 203 481 9363

For more information or to schedule an intake, contact Denise Bowen at dbowen@cccymca.org or 203 481 9622 x3213



FIGHTING BACK AGAINST PARKINSON'S



CENTRAL CONNECTICUT COAST YMCA



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Classes, taught by Certified Rock Steady Boxing Coaches, include an exercise program that attacks Parkinson's at its vulnerable neurological points.

While focusing on overall fitness, strength training, reaction time and balance, workouts 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.



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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 classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life.



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

2. Camaraderie: Friends for fighters and caregivers.

3. Affiliate Training: A seminar to teach certified professionals around the world how to implement RSB classes for fighting Parkinson's in their home communities.

