What’s a class like?

Training classes are taught by a Certified Exercise Physiologist and a Registered Licensed Occupational Therapist who are also Certified RSB Coaches. Classes focus on overall fitness, strength training, reaction time and balance, agility and coordination to combat the disease and symptoms of Parkinson’s. Workouts include the use of: focus mitts, heavy bags, speed bags, jump rope, core work, calisthenics and 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.

For more information, please contact:
Rock Steady Boxing CHI St. Joseph’s Health
CHI St. Joseph’s Health
600 Pleasant Avenue • Park Rapids, MN 56470
218.616.3008
www.CHISJH.org

Photography by Paul D. Best Photography
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. \textbf{RSB} was founded by former Marion County (Indiana) prosecutor Scott C. Newman, who was diagnosed with Parkinson's disease at age 40.

What We Do

\textbf{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. \textbf{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. \textbf{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. \textbf{RSB Classes}: Currently one \textbf{RSB} class of varying levels of Parkinson's Disease and accommodations and modifications can be made depending of disease and fitness level.

2. \textbf{Camaraderie}: Friends for fighters and caregivers.

3. \textbf{When & Where}:
   Thursdays 11:45am - 12:50pm
   CHI St. Joseph’s Health Physical Rehab & Fitness Center in the Lower Level of the hospital. $7.00 per session