

ROCK STEADY BOXING

**Rock Steady Boxing at the Portage Township YMCA
In partnership with the Porter County Health Department**

Rock Steady Boxing (RSB) is a unique, non-contact, boxing-inspired fitness program designed specifically for individuals with Parkinson's disease.

Through this empowering program, participants work to improve their quality of life, strength, balance, and overall well-being—one punch at a time.



What is Rock Steady Boxing?

Rock Steady Boxing (RSB) is a non-contact, boxing-inspired fitness program that combats Parkinson's disease with high-intensity workouts.

- Proven to improve strength, balance, flexibility, and overall independence
- Suitable for all ages and all stages of Parkinson's
- Designed to empower and energize through movement and community



What to Expect in Class

- Certified coaches lead each session with tailored workouts
- Focus on functional movement, coordination, and strength
- Encouragement and support in a motivating environment

Exercises Include

- Heavy bags, speed bags, focus mitts, and jump rope
- Core strengthening, calisthenics, and weight training
- Group exercises promoting camaraderie and support



Why It Matters

- Gain strength, confidence, and connection
- Delay symptom progression with neuro-protective exercise
- Join a life-changing program designed for Parkinson's fighters of every level



CLASSES AVAILABLE AT PORTAGE TOWNSHIP YMCA