



## 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, 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.



Photographs by Paul D. Best Photography



For more information, please contact:

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**SOUTH COUNTY  
IN THIS CORNER, HOPE.  
FIGHTING BACK AGAINST PARKINSON'S**

# ROCK STEADY BOXING SOUTH COUNTY

## Who We Are

**RSB South County (RSBSCY)** provides 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. South County works as an RSB affiliate to bring this revolutionary treatment to our community YMCA.

**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

**RSBSCY** 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.

**RSBSCY** 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.

**RSBSCY** 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** at **RSBSCY** offers various classes to accommodate every degree of the Parkinson's athlete.  
**Mondays:** 6:30pm - 8:00pm  
**Tuesdays:** 1:30pm - 3:00pm  
**Wednesday:** 1:30pm - 3:00pm  
**Thursdays:** 1:30pm - 3:00pm  
**Saturdays:** 12:00pm - 1:30pm
- 2. Camaraderie** You make friends and gain a family through both the fighters and the caregivers!

