



PARKINSON'S & BOXING



WHAT'S ROCK STEADY?

The Parkinson's Exercise and Wellness Center's classes are taught by Certified Rock Steady Trainers, utilizing an exercise program that attacks Parkinson's at its vulnerable neurological points. Workouts focus on overall fitness, strength training, as well as reaction time and balance through ring work, focus mitts, heavy bags, speed bags, double-ended bags, jump rope, core work, calisthenics and circuit weight training.

No experience is necessary and people of all ages are encouraged to participate. Boxers, both male and female, range in age from mid-30's to mid-90's. Classes are designed in 4 levels, with modifications given to fit for all types. An assessment will be performed at no cost in order to determine the best level placement for the participant.

WHY ROCK STEADY?

- The original Rock Steady Boxing Program in KC
- As seen on 41 Action news, KC Star, KCUR Up-to-Date
- Largest dedicated Parkinson's fitness facility
- The most experienced and eclectic coaches
- Classes offered 6 days a week
- New state-of-the-art facility located at 95th and Mission at RanchMart South (next to Fry's Auto)



MISSION STATEMENT

The Parkinson's Exercise and Wellness Center provides Parkinson's patients and others suffering from neurologically-based "movement disorder diseases" exercises for a stronger body, education and resources for a stronger mind, and camaraderie and support for a stronger spirit.