

# WHAT'S IN A CLASS

The Parkinson's Exercise and Wellness Center's classes are taught by Certified Rock Steady Boxing Trainers. Workouts focus on improving overall fitness, balance, coordination and mental stamina. Trainers utilize focus mitts, heavy bags, speed bags, double-ended bags, jump ropes, agility ladders and many other tools to create physically and mentally challenging workouts that attack PD at its most vulnerable points - neuroplasticity and neuroprotected cells.

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.



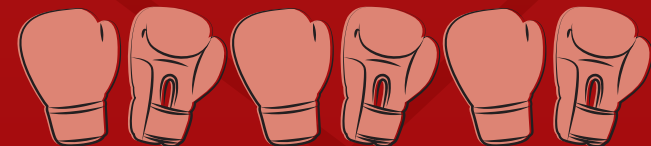
## PARKINSON'S & BOXING



## OUR MISSION

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.

The Parkinson's Exercise & Wellness Center  
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Overland Park, KS 66206  
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[www.thepewc.org](http://www.thepewc.org)



The Parkinson's Exercise and Wellness Center is comprised of Nationally Certified and Rock Steady Certified Personal Trainers who specialize in Parkinson's and Parkinson's Plus illnesses. The PEWC is the original Rock Steady facility in the KC metro.

The Parkinson's Exercise and Wellness Center is a fully dedicated facility with a unique position to better serve those with Parkinson's Disease. However, our dedication to fighting Parkinson's doesn't end when class does. The center also hosts monthly social events for boxers and their families, as well as hold quarterly support group meetings.



## WHO WE ARE



## WHAT WE DO

The Parkinson's Exercise and Wellness Center enables people with Parkinson's Disease to fight against the symptoms by providing non-contact boxing-style fitness programs that improve their quality of life and sense of efficacy and self-worth. Recent studies suggest that intense exercise programs may be "neuro-protective" by working to delay the progression of symptoms.

The Parkinson's Exercise and Wellness Center provides encouragement through a "tough love" approach, inspiring maximum effort, speed, strength, balance and flexibility. Boxing works by moving the body in all planes of motion while continuously changing the routine with progression of the workout.

### 1. Small Group Classes

We accommodate varying degrees of Parkinson's and fitness. No prior training is needed to participate. We offer 4 levels of classes 6 days a week.

### 2. Personal Training

For those who desire a more personalized program, our coaches are equipped to help fight Parkinson's one on one.

### 3. More than Just a Gym

We hold monthly social events for fighters and families to attend, as well as quarterly support group meetings. We send out newsletters to keep you up-to-date on all events and news pertaining to the Parkinson's Exercise and Wellness Center.

### 4. Camaraderie

Fight together, share successes and support each other through difficult times.

## WHAT WE OFFER

