

# Rock Steady Boxing Schedule

## For People With Parkinson's Disease

SCHEDULE EFFECTIVE JULY 26, 2021



Rock Steady Boxing is a boxing inspired circuit workout that's proven to help with Parkinson's related symptoms. Classes focus on strength training, improving speed and core functional training to make you feel stronger and better! Our coaches provide encouragement, support and provide modifications specific to our fighters.

### MONDAY

| TIME         | LEVELS    | INSTRUCTOR |
|--------------|-----------|------------|
| 8:00-9:00 AM | Level 1/2 | Connor     |
| 1:30-2:30 PM | Level 3/4 | Andre      |
| 5:30-7:00 PM | Level 1/2 | Dan        |

### TUESDAY

| TIME         | LEVELS    | INSTRUCTOR |
|--------------|-----------|------------|
| 7:30-8:30 AM | Level 1/2 | Melissa    |

### WEDNESDAY

| TIME           | LEVELS    | INSTRUCTOR   |
|----------------|-----------|--------------|
| 10:45-11:45 AM | Level 1/2 | Sarah/Connor |
| 1:00-2:00 PM   | Level 3/4 | Kyle         |
| 5:30-7:00 PM   | Level 1/2 | Dan          |

### THURSDAY

| TIME               | LEVELS    | INSTRUCTOR |
|--------------------|-----------|------------|
| 10:30 AM -12:00 PM | Level 1/2 | Andre      |

### FRIDAY

| TIME           | LEVELS    | INSTRUCTOR |
|----------------|-----------|------------|
| 10:45-11:45 AM | Level 1/2 | Kyle       |
| 1:30-2:30 PM   | Level 3/4 | Melissa    |

- All classes are held in the Agility Room
- You must attend the level that is determined at your initial assessment. Level changes may happen, but will be determined by a coach in order for you to take a different level class.
- Must bring your own boxing gloves and wraps.
- Wear good sneakers and please bring a water bottle.

### Rock Steady Boxing Class Format

- 20 to 30-minute warm-up
- 30 to 45-minute boxing inspired circuit workout
- 10-minute core work
- 5 to 10-minute cool down



Body Zone Sports and Wellness Complex is a proud affiliate of Rock Steady Boxing International, a non-contact boxing inspired fitness program that addresses the symptoms experienced by people with Parkinson's Disease. The goal of Rock Steady Boxing at Body Zone? To be an embracing and welcoming community that empowers and supports our Parkinson's community through movement, exercise and full access to our wellness facility and programs.

**For more information about this schedule, please contact:**

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