

# Rock Steady Boxing Schedule

## For People With Parkinson's Disease

SCHEDULE EFFECTIVE JULY 1, 2025

### MONDAY

TIME	LEVELS	COACH
8:00 - 9:00 AM	Level 1/2	Lauren
10:45 - 11:45	Level 1/2	Josh
1:30 - 2:45 PM	Level 3/4	Andre

### TUESDAY

TIME	LEVELS	COACH
8:00 - 9:00 AM	Level 1/2	Melissa
10:30 - 11:30 AM	Level 1/2	Colin
11:45 - 12:45 PM	Yoga Therapy All Levels	Beth
5:30 - 7:00 PM	Level 1/2	Dan

### WEDNESDAY

TIME	LEVELS	COACH
10:45 - 11:45 AM	Level 1/2	Michelle
1:30 - 2:45 PM	Level 3/4	Michelle

### THURSDAY

TIME	LEVELS	COACH
10:30 - 11:45 AM	Level 1/2	Andre
5:30 - 7:00 PM	Level 1/2	Dan

### FRIDAY

TIME	LEVELS	COACH
10:45 - 11:45 AM	Level 1/2	Lauren
1:30 - 3:00 PM	Level 3 /4	Melissa

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

Sarah Vecchio, Director of Fitness

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[bodyzonesports.com/rocksteady](https://bodyzonesports.com/rocksteady)

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- All classes are held in Body Zone's 2nd floor Bue Studio.
- Participants must attend the class level that is determined for them at their initial assessment.
- Please bring boxing gloves and wraps.
- Please bring athletic sneakers and bring a water bottle.

### Typical Rock Steady Boxing Class Format

Every class includes: dynamic warm-up. Strength, core and balance training in a circuit-style format. Boxing on the heavy bags and speed bags. Cool down and stretching.

About Yoga Therapy: Yoga therapy helps to increase flexibility, improve posture and balance, loosen tight painful muscles, relieve pain and stress, increase confidence and through these benefits enhance quality of life. According to the American Parkinson Disease Association (ADPA) yoga therapy has been shown to visibly reduce tremors and improve the steadiness of an individual's gait. This weekly, 60-minute class will include a chair for support. Each class will include the following sequences:

- Modified, seated postures designed to improve posture, strength, flexibility, and focus
- Breath training for stress relief and relaxation
- Self-massage for pain, muscular relief, and concentration
- Rhythmic movements for joint/gland health, in addition to sharpened coordination for gait and stride
- Yogic hand-holds for inner stability and support within the musculoskeletal system
- Sound therapy for vocalizing and facial muscle coordination



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.

