



What's a class like

Classes, taught by Certified Rock Steady Boxing Coaches, 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: focus mitts, heavy bags, speed 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.



ROCK STEADY BOXING AFFILIATE

For more information, please contact us at:

Rock Steady Boxing Southaven

Faith Inspired Training

3964 Goodman Road East, Suite 115

Southaven, MS 38672

Southaven@RSBAffiliate.com

662.243.5533

Southaven.RSBAffiliate.com



ROCK STEADY BOXING SOUTHAVEN

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





Who We Are

Rock Steady Boxing (RSB) is a first-of-its-kind, Indianapolis-based nonprofit gym founded in 2006 to provide 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 independent lives. **RSB** was founded by former Marion County (Indiana) prosecutor Scott C. Newman, who was diagnosed with Parkinson's disease at age 40.

Faith Inspired Training is excited to provide classes using the **RSB** method. We welcome you to our gym family.

What We Do

RSB 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 self-worth. Recent studies also suggest that intense exercise programs may be "neuro-protective," working to delay the progression of symptoms. **RSB** 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. **RSB** classes have proven that anyone, at any level of Parkinson's, can lessen their symptoms and lead a healthier/happier life.

What We Offer

- 1. Classes:** **RSB** offers classes to accommodate varying degrees of Parkinson's/fitness levels.
- 2. Camaraderie:** Friends for fighters and caregivers.
- 3. Knowledgeable Trainers:** Familiar with Movement Disorders caused by Parkinson's.
- 4. Support:** **RSB** will assess each fighter before they begin our classes and reassess each fighter every six months during their **RSB** experience.

