

Class Descriptions

Rock Steady Boxing Classes

Rock Steady Boxing is a non-contact, Parkinson's-specific boxing program designed to help slow the progression of symptoms and improve quality of life. Classes focus on balance, strength, posture, coordination, agility, cognitive function, and voice projection. Participants are also taught safe falling techniques and strategies for getting up and down from the floor as independently as possible. No boxing experience is required. All levels of abilities are welcome. Classes are led by Rock Steady Boxing—certified coaches who understand the unique challenges of Parkinson's disease.

Duration: 75 minutes

Hi-Fi Class (High Intensity Functional Interval Training)

This high-intensity functional interval training class is designed to improve strength, stability, cardiovascular endurance, and everyday movement patterns. Exercises are performed in standing, seated, and floor-based positions to support functional independence and confidence in daily activities. It is appropriate for all levels of abilities. Modifications are provided to meet individual needs and abilities. High-intensity cardiovascular training has been shown to delay the progression of PD symptoms.

Duration: 45 minutes

I.M.P.A.C.T. Class

I.M.P.A.C.T. focuses on **Intentional Movements, Posture, Amplitude, Coordination, and Timing**—key areas often affected by Parkinson's disease. This class emphasizes BIG, powerful movements to help counteract stiffness, slowness, and reduced movement size. Participants will work in standing, seated, and floor-based positions with individualized modifications to support safety and success. It is appropriate for all levels of abilities.

Duration: 45 minutes

Boxing Skills Class

The Boxing Skills Class is a free, required class for newcomers and an optional refresher class for current members. This is a great opportunity for current members and newcomers to spend more individualized time with the coach to refine their punching technique, footwork, and overall boxing form.

Duration: 30 minutes

- **Free trial class available for all newcomers to each class.**
- **An individual one-time assessment** is required before continuing in any one of the classes to ensure safety and appropriate class placement.

- **Please Contact Coach Eric to schedule an assessment and pick up paperwork:
713-825-6117**