



Rock Steady Boxing 101

1. What Do I Wear?

Wear comfortable, breathable clothes that allow you to move freely. Most of our members wear sweatpants or shorts and t-shirts. Gym shoes are preferred.

2. What Should I Buy?

For hygienic reasons, we recommend that you purchase your own boxing gloves and wraps for class. We do, however, offer a limited number of “community” wraps and gloves. RSB offers all boxing gear at a discounted rate for purchase to RSB members.

3. What Do I Need to Bring?

We stress the importance of staying properly hydrated, so make sure to bring plenty of water. Water bottles with straws are easier to use with boxing gloves on!

4. What Should I Expect?

The class assigned to you after your initial assessment was chosen to meet your specific level of Parkinson's. You can expect to be greeted warmly by the staff and your fellow boxers on your first day, and you can expect to meet lots of people who share the same challenges brought by PD. Classes are 60 minutes long, which include stretching, warm-ups, the workout and a cool-down.

5. What If I Can't Keep Up?

It is important that at any time, if you feel you cannot keep up or become frustrated at not being able to perform at the level of the people around you, that you communicate that to your Coaches. They can offer modifications and suggestions on alternative training methods to help you focus on specific symptoms or challenges. **Do not do any exercises that you are uncomfortable doing – talk to your Coaches first if you are unsure of a specific exercise.** Rock Steady offers an encouraging, non-judgmental environment that will hopefully allow you to share your specific concerns when necessary.

6. How Often Should I Come to Class?

How many times per week a person should attend is determined on an individual basis. It is generally recommended that a person attend three times per week in order to see positive results. We encourage all of our members to attend as many times as possible throughout the week!

7. Are There Lockers Available?

Lockers and shower facilities are available in the restrooms at the Wellness Center. Use of the facilities is covered under your Wellness Center Agreement.

8. Is There a “Buddy System”?

In the first few weeks of class, our Coaches will pair you with another boxer who will help you learn the fundamentals... Where to go, what to do, how to put on your boxing gloves... Remember – everyone was new once!

9. Who Do I Pay at Rock Steady for Classes?

There is a monthly contract included in your new member application packet. Participants will pay the VMRC Wellness Center. Current members will complete the RSB monthly agreement. Non-members will complete both a WC agreement as well as the Rock Steady Agreement.