

MISSION:

- To maximize the mental, emotional and physical potential of people with Parkinson's disease.
- To empower individuals with Parkinson's disease by fostering confidence through exercise within a nurturing and supportive environment.
- To enhance the quality of life for those living with Parkinson's disease in Northwest Indiana by providing evidence-based group exercise programs.

OUR PROFESSIONAL STAFF

The Fitness Pointe Rock Steady Boxing Coaches hold National Industry Certifications in Fitness, as well as the Rock Steady Boxing (RSB) Certification.

The RSB Certification is recognized by the Parkinson's Foundation as an Accredited Exercise Education Program.



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Community Hospital Fitness Pointe®

Rock Steady Boxing

Parkinson's Group Exercise Program



WHAT IS ROCK STEADY BOXING (RSB)?

Rock Steady Boxing (RSB) is a non-contact fitness program designed specifically for patients with Parkinson's disease (PD). Studies on the Rock Steady Boxing exercise program confirms the physical benefits and significance of the reduction in depressive symptoms for individuals with PD.

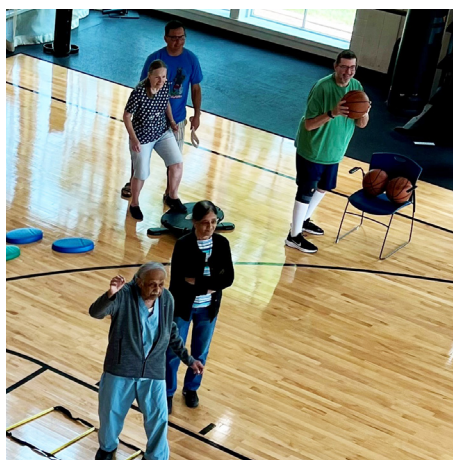
All classes are circuit-based. These circuits include, but are not limited to, boxing drills, aerobic training, balance training, strength training, floor exercises and functional exercises.

PROGRAM GOALS

- To improve balance and decrease fall risk
- To improve mobility and walking skills
- To increase functional strength and flexibility
- To improve posture
- To improve activities of daily living
- To provide social support

PROGRAM REQUIREMENTS

- All interested individuals are encouraged to observe a class before scheduling an evaluation.
- All participants must have an evaluation and healthcare provider release before starting the program.



LEVELS OFFERED

FOUR CLASS LEVELS AVAILABLE:

LEVEL 1: Participants have very mild symptoms; non-debilitating.

LEVEL 2: Participants can have mild walking, balance and cognitive difficulties.

LEVEL 3: Participants can have moderate walking, balance and cognitive difficulties.

LEVEL 4: Participants can have severe walking, balance and cognitive difficulties. Spotter is required to assist; must wear a gait belt.

CLASS SCHEDULE*

*Class placement will be determined during initial evaluation.

Mon and Wed ... 12:30-1:30 pm

Tues and Thurs ... 11:30 am-12:30 pm

Tues and Thurs ... 12:30-1:30 pm

CLASS PRICING

\$60/month - Fitness Pointe non-members

\$30/month - Fitness Pointe member