

# Rock Steady Boxing Wasatch Front

## Three Locations in the Valley

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Our program operates out of Legends Boxing gyms in Orem, Jordan Landing and Bountiful. We offer over 25 classes per week across all gyms for all levels of Parkinson's.



## New Class Structure Starting Soon

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**FIGHT CLUB** for our level 1 fighters  
**ALI'S CORNER** serves our level 2 and 3 boxers  
**BALBOA'S BOOTCAMP** for our seated, level 4 fighters



## Float and Sting Class

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This class is designed to help participants move more fluidly using rhythm and music. There is a focus on dance, cognitive and mobility multi-tasking and fun! Classes held in Orem and Jordan Landing on Fridays.



## Our Difference

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Our coaches are all trained and certified in the RSB Method. All classes have a strict adherence to all components of multi-modal training that RSB promotes. Our Owner/Head Coach is a Medical Social Worker and is also certified in Senior Fitness and Group Fitness.



## No Parkinson's? No problem!

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RSB is designed exclusively for people with Parkinson's and a few other conditions (MSA, PSP, LBD). Exercise is essential to all, in regard to healthy aging. We are starting general senior fitness/boxing classes at all locations this summer! **Never Too Late Fitness** is coming soon.



To schedule a time to come and observe a class, call us today!