



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, wraps, and maybe even a jump rope for class. We do, however, offer a limited number of “community” wraps and gloves – and I have a gloves and wraps package you can purchase – ranging from \$25.00 to \$35.00 for gloves, and just \$5.00 for wraps

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!) Bottled water is also available for purchase at the gym. Community “yoga mats” (used for stretching exercises) are also available, although many members prefer to bring their own. You can find yoga mats for purchase at almost any retailer (Dick’s Sporting Goods, Target, WalMart, etc).

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 about 90 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. Right now we are only offering classes twice per week and for best results that's what we recommend.

7. Are There Lockers Available?

There are lockers available and a restroom. Boston Boxing & Fitness is a classic boxing gym – you're a boxer, a fighter – the gym is a no frills space – you'll love it!

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 Are the Coaches?

Rock Steady's Coaches and administrative staff are listed on our website, **www.RockSteadyBoxing.org**. For this location you'll be working with Todd Buster Paris – a USA Boxing Certified Trainer/Coach as well as a certified Rock Steady Boxing Coach. At our home office in Indiana - Program Director and Head Coach, Kristy Follmar, has been training people with Parkinson's disease for over 7 years. Christine Timberlake has been with Rock Steady for over 5 years. Marcia Wilson was recently hired in 2012.

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

All checks, money orders (or cash) can be made out to Todd Buster Paris. If you wish to pay by credit card you can use PayPal and send payment to paris_6@yahoo.com - we will have a swipe machine as soon as possible.

11. How Do I Sign Up for a Class?

You can simply call in (508-393-4763) or email todd@luckypunchboxing.com to set up an appointment.

12. How do I check in?

Just show up and check in with Coach Todd!