



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!) Bottled water is also available for purchase at the gym.

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 a minimum of two 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 Takedown Gym. Use of the facilities is covered under your gym contract.

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 have gone through extensive training at the Rock Steady Boxing headquarters in Indianapolis, Indiana. Occasionally, you will have substitute coaches; but rest assured all have been properly trained in leading a Rock Steady Boxing class.

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

There is a monthly contract included in your new member application packet. Once that information is completed, give your contract to one of your Coaches or drop it off at the front desk. Any questions about your contract should be addressed with the gym manager Joe Ciardelli at 218-454-1770 or joe@takedowngym.com.

11. How do I check in?

Once you have set up your gym membership with Takedown Gym, they will give you a “swipe card” that you will need to swipe every time you come to the gym. Enter through the main entrance of Takedown, swipe your card, and proceed to the gym area. If there is another class still in session when you arrive, we ask that you wait in the lobby until that class has ended. A Rock Steady Coach will take attendance for your specific class once you are in the gym area.