

# **ROCK STEADY** at the **BOXING** **SOUTHWEST YMCA** **TOPEKA**

**Monday, Wednesday and Friday—MP room**

**1:30 pm—2:30 pm**

**\$25.00 per 6 week session**

**Taught by RSB certified coach Christine Cunningham  
and Cathy Rinner**

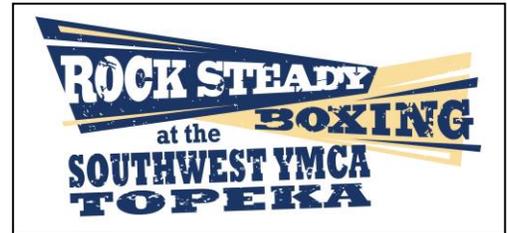
**We are learning every day that there are ways in which people with Parkinson's disease can enhance their daily quality of life and even build impressive power, strength, flexibility and speed! By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life. Register at the front desk today!**



**FOR IMMEDIATE RELEASE**

**CONTACT:**

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**ROCK STEADY BOXING FOR PEOPLE WITH PARKINSON'S COMES TO SW YMCA**

**TOPEKA, JANUARY 10<sup>TH</sup>, 2018** -- Rock Steady Boxing, a unique exercise program, based on training used by boxing pros, and adapted to people with Parkinson's disease, will now be available in the Topeka area. The program involves regular exercises, such as stretching, bicycling, running, jump-roping, push-ups, balancing and lots of non-contact boxing, led by experienced trainers/coaches. Rock Steady Boxing serves both men and women of all ages and levels of ability.

"We are fortunate to be able to bring this program to the Southwest YMCA," said Christine Cunningham, who successfully completed the Rock Steady Boxing Training Camp, and is certified to offer Rock Steady Boxing training classes to individuals with Parkinson's disease who live in the area. Classes start February 5th, 2018, Monday and Wednesday, 1:30 – 2:30 pm at the Southwest YMCA located at 3635 SW Chelsea Drive in Topeka.

The Rock Steady Boxing Method was developed in Indianapolis over the course of seven years. In 2012, the Training Camp was launched to share the Rock Steady Boxing Method with other people who are fighting back against Parkinson's. Today, there are 470 Rock Steady Boxing around the world, initiated by certified Rock Steady Boxing "Coaches." All completed the requirements of Rock Steady Boxing and have been officially certified in the Rock Steady Boxing headquarters and training center in Indianapolis.

"We have always believed in the Rock Steady Boxing Method," said Rock Steady Boxing, Inc. Executive Director Joyce Johnson. "When evidence began to emerge that our program had a very positive impact on the 'boxers', our mission became clear -- to share our knowledge and experience with all people with Parkinson's. That is why we decided to make our training available worldwide -- to train as many as we can so together we can improve the care of people with Parkinson's everywhere."

Rock Steady Boxing, Inc., a non-profit organization, was founded in Indianapolis in 2006 with six participants. Participation has steadily increased to more than 155 members today, including men and women ranging in age from 35 to 90. Classes are geared to people at all stages of Parkinson's disease. Multiple volunteers contribute their time and talents to assist with the classes.

It is estimated that 1-1.5 million Americans have Parkinson's disease, with as many as 600 diagnosed in Topeka, KS.

For additional information about the YMCA of Topeka, visit [www.ymcatopeka.org](http://www.ymcatopeka.org) Additional information about Rock Steady Boxing Inc. and Parkinson's disease is available at [www.rocksteadyboxing.org](http://www.rocksteadyboxing.org).

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