



NEURO INTENSIVE TRAINING CENTER

ROCK STEADY BOXING

Tuesday & Thursday 12:00PM–1:15PM

Saturdays 10:00AM–11:15AM

Rock Steady Boxing Windy City, Ltd. (RSBWC) is an independent 501(c)(3) tax exempt, nonprofit organization. RSBWC first opened in Chicago's northeast neighborhood of Edgewater and now adding an additional location in Deerfield, IL at the Neuro Intensive Training Center.

This program utilizes a non-contact boxing exercise program to Fight Back Against Parkinson's disease. RSBWC was founded by Jim Kroeger and Eric Johnson. Jim was himself diagnosed with PD in 2013 and was introduced to the RSB program by his neurologist, which inspired him to attend the Training Camp in Indianapolis and empower the people of Chicago to fight back.

COME JOIN ROCK STEADY BOXING!

Head Coach Eric Johnson is a Parkinson's exercise specialist with over 7 years of experience developing exercise programs for people with Parkinson's disease. We're excited to welcome you into the ring and take a swing at PD with us.

What We Do: Each class is focused on enhancing the overall fitness of our Fighters by combining boxing fundamentals with the principles of strength training, reaction time, balance, flexibility, and agility.

Workouts utilize a variety of boxing equipment including: heavy bags, double-ended bags, jump ropes, and focus mitts, as well as traditional exercise equipment. No boxing experience is necessary and all ages and ability levels are encouraged to participate.

RSB
ROCK
STEADY
BOXING

Group Classes: Each Rock Steady Boxing 60-minute class is inclusive and designed to benefit all participants. We use the "no one left behind" mentality. Everyone has a chance to "Fight Back."

Camaraderie: We are a team of friends, working together—fighters, caregivers, and coaches. Together we are stronger.

If you'd like to make a contribution to Rock Steady Boxing Windy City, or to sponsor one of our fighters, please call or visit our website:
www.RockSteadyBoxingWindyCity.com.



2 Classes Per Week: \$95.00/month
3 Classes Per Week: \$135.00/month
Unlimited Classes: \$150.00/month

Exercise for EVERY. BODY.
www.movement-revolution.com