



What's a class like?

Training classes are taught by Certified Personal Trainers and include an exercise program that attacks Parkinson's at its vulnerable neurological points. While focusing on overall fitness, strength training, reaction time and balance, workouts include: ring work, focus mitts, heavy bags, speed bags, double-ended bags, jump rope, core work, calisthenics and circuit weight training. No boxing experience is necessary and people of all ages are invited to participate. Boxers, both male and female, range in age from mid-30s to early 90s.



Photographs by Paul D. Best Photography








**ROCK STEADY
BOXING**

AFFILIATE

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**ROCK STEADY
BOXING**

MADISON

**HYBRID
ATHLETIC CLUB**

**IN THIS CORNER, HOPE.
FIGHTING BACK AGAINST PARKINSON'S**

ROCK STEADY BOXING MADISON

HYBRID
ATHLETIC CLUB

Who We Are

Rock Steady Madison is the first affiliate of the original Rock Steady Boxing Program in Wisconsin! Certified instructors and owners, Ryan & Sarah Berndt, along with certified instructor and trainer Patti Batt, are uniquely able to provide this non-contact boxing workout to people living with Parkinson's. Rock Steady Madison's program is dramatically improving the ability of people with Parkinson's to live independent, healthy lives.

What We Do

Rock Steady Madison enables people with Parkinson's disease to fight their disease by providing non-contact boxing style fitness programs that improve their quality of life and sense of efficacy and self worth. Recent studies support that intense exercise programs may be "neuro-protective," actually working to delay the progression of symptoms. Rock Steady Madison provides encouragement through a "tough love" approach, inspiring maximum effort, speed, strength, balance and flexibility. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. Rock Steady Madison classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead healthier and happier life!

What We Offer

- 1. Classes** Rock Steady Madison offers two different levels of classes to accommodate varying degrees of Parkinson's, fitness level, and personal goals. We provide a detailed fitness and goals assessment for each participant allowing us to track progress!
- 2. Motivation & Support** Our team of expert trainers are passionate about Parkinson's and strive to create a high energy, fun, and fulfilling atmosphere. Our can-do attitude carries through in motivational techniques, RSB Madison battle cries, upbeat music, progressive exercise, and laughter!
- 3. Camaraderie** Our caregivers are an instrumental component of Rock Steady Madison. Along with the staff at Rock Steady Madison, they provide support and insight while benefiting from shared experience of a loved one with Parkinson's.

