



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# ROCK STEADY BOXING NORTH RIVER

## Fighting Parkinson's Disease with Non-Contact Boxing

### WHO WE ARE

Rock Steady Boxing at North River is a non-contact boxing based curriculum serving individuals with Parkinson's disease. Through rigorous exercise, emphasizing gross motor movements, balance, core strength, and rhythm, RSBC is providing hope, enabling people with Parkinson's disease to fight back and favorably impact their range of motion, gait, flexibility, posture, activities of daily living and overall quality of life.

### WHAT WE DO

Getting the right kind of exercise is part of the battle, but equally important are the social and emotional benefits people gain from Rock Steady. Our four levels of classes encourage intense exercise & functional fitness, as well as emotional and social support, which is vital to the well-being of people with Parkinson's.

### For more information, contact:

Caroline Tindell: [ctindell@ymcachattanooga.org](mailto:ctindell@ymcachattanooga.org)

### NORTH RIVER FAMILY YMCA

4138 Hixson Pike Chattanooga, TN 37415  
423.877.3517

[ymcachattanooga.org](http://ymcachattanooga.org)



### OUR COACHES

Our trainers are licensed physical and occupational therapy professionals who have years of experience treating individuals with Parkinson's disease and understand the challenges caregivers and people with Parkinson's face.

**Contact us today to schedule your assessment and start fighting back against Parkinson's Disease!**

**DAYS & TIMES:** Monday, 3:30-5:00 pm  
Wednesday, 3:30-5:00 pm  
Friday, 3:30-5:00 pm

**COST:** \$50 Assessment Fee (includes hand wraps)  
\$60/month, Y-members  
\$85/month, Non-members

# PHYSICIAN MEDICAL RELEASE FORM

TO BE COMPLETED BY YOUR PRIMARY CARE PROVIDER

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Doctor's Name: \_\_\_\_\_

Your patient, \_\_\_\_\_, DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ wishes to participate in the Rock Steady Boxing (NON-CONTACT) exercise program for people with Parkinson's disease. Our goal is to help your patient have a better quality of life through fitness and socialization. The activities may involve cardiovascular training (jumping rope, walking/running, punching heavy bags), flexibility instruction (stretching, getting up and down on the floor), resistance training and core strengthening techniques. Safety and modifications for various levels of fitness and disease progression are considered.

## PHYSICIAN'S RECOMMENDATION

- I am not aware of any restrictions to participate in this exercise program.
- I believe the patient can participate but would urge caution (please explain):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Patient should not engage in the following activities:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If your patient is taking medications that will affect their heart rate response to exercise, please indicate the manner of the effect (raises, lowers or has no effect on heart rate response during exercise):

Type of medication _____	Effect _____
Type of medication _____	Effect _____
Type of medication _____	Effect _____

## PHYSICIAN COMPLETES

\_\_\_\_\_ (patient's name) has my approval to begin the Rock Steady Boxing exercise program with the recommendations or restrictions stated above.

Printed name \_\_\_\_\_ Phone \_\_\_\_\_

Signature \_\_\_\_\_

## RETURN TO: NORTH RIVER FAMILY YMCA

4138 Hixson Pike Chattanooga, TN 37415

P 423.877.3517

F 423.777.4095

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