



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



ROCK STEADY BOXING CHATTANOOGA

Fighting Parkinson's Disease with non-contact boxing

WHO WE ARE

Rock Steady Boxing Chattanooga (RSBC) 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.

OUR COACHES

Kristen Schillaci, MS, COTA/L
Program Director/Head Coach

Kristen is a certified occupational therapy assistant with a Master's degree in art therapy, and has over 10 years of experience in senior care and a passion for serving individuals with Parkinson's disease.

Nicole Berger, MSPT, Head Coach

Nicole is a licensed physical therapist with 20 years of experience. She is certified in LSVT-BIG treatment for individuals with Parkinson's disease.

Contact Information:

Rock Steady Boxing Chattanooga

Email: Chattanooga@rsbaffiliate.com

Website: Chattanooga.rsbaffiliate.com

HEALTHY LIVING CENTER AT NORTH RIVER

4138 Hixson Pike, Chattanooga, TN 37415

423.877.3517

ymcachattanooga.org/north-river

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.

Contact us today to schedule your assessment and
START FIGHTING BACK AGAINST PARKINSON'S!

CLASS SCHEDULE

Monday 3:45-5:15 pm

Wednesday 4:00-5:30 pm

Friday 1-2:30 (level 3 & 4) 3:00-4:30 (level 1 & 2)

COST

\$50 Assessment Fee (includes gloves)

\$60/month, Y-members

\$85/month, Non-members

