JOIN US IN THE RING!

ROCK STEADY BOXING
MANDEL JCC of CLEVELAND

For Questions or to Register Please Contact:
Kate Toohig, Director, Fitness, Wellness & Recreation
(216) 831-0700 ext. 1365 • kate@mandeljcc.org

26001 S. Woodland Rd, Beachwood OH, 44122

NEW!
• FREE to Members
• Membership NOT Required – Open to All
• NEW! Lower Pricing for Community – $35/month
• NEW! Morning Classes

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JOIN US IN THE RING - REGISTER TODAY!

Mandel JCC is pleased to launch, in collaboration with University Hospitals, Rock Steady Boxing. This internationally-recognized program is aimed at helping to ease the tremors and movement problems of Parkinson’s disease and has been proven to help anyone, at any level of Parkinson’s, lessen their symptoms and lead a healthier life.

What is Rock Steady Boxing?
It’s a unique exercise program, based on training used by boxing pros and adapted to people with Parkinson’s disease. Rock Steady Boxing will guide participants through a boxing-based fitness curriculum designed to strengthen the body and mind. It involves regular exercises, such as stretching, running, jump-roping, push-ups, balancing and lots of non-contact boxing, led by experienced fitness professionals referred to as coaches.

How Did The Program Get Started?
The program was founded in 2006 by Scott Newman, a former Indiana Prosecutor, who was diagnosed with early-onset Parkinson’s at the age of 40. Newman began one-on-one, boxing training after he was diagnosed and witnessed dramatic improvement in his physical health, agility and daily functioning through the intense and high energy workouts. In 2012, the program was launched and today there are over 700 Rock Steady Boxing affiliate programs around the world.

Who will benefit from Rock Steady Boxing Classes?
Anyone who has been diagnosed with Parkinson’s disease will benefit.

I Have Never Boxed and Am New to Fitness; Can I Still Take These Classes?
Yes! No boxing experience is necessary and people of all ages and fitness levels are invited to participate. Our talented coaches will teach you, regardless of your fitness level, all the basics. The classes will focus on overall fitness, strength training, reaction time and balance. Workouts will include: ring work, focus mitts, heavy bags, speed bags, double-ended bags, jump rope, core work and circuit weight training.

Who Will Be Teaching the Classes?
Mandel JCC Certified Personal Trainers and Certified Group Fitness instructors who have also been certified as Rock Steady Boxing Coaches will be teaching the classes.

Are Classes Drop-In or do I Have to Be Enrolled?
Once you have registered for the program and paid your monthly fee, all classes are drop-in.

How Long Is Each Class?
Each class is 60-90 minutes long

Where Will the Classes Take Place?
In the Mandel JCC gym on the lower level which is accessible by both stairs and an elevator.

What Is the Fee for Classes?
Classes are FREE for Mandel JCC Members. Classes are $35/month for those in the community.

Do I Have to be a Member of The J to Take Classes?
No, anyone who has been diagnosed with Parkinson’s is invited to participate. For Members who participate in Rock Steady Boxing, The J discounts its monthly membership rates by 14%. For information and membership, please visit the Membership Desk or contact (216) 831-0700, ext. 0 or info@mandeljcc.org

Do You Offer Financial Assistance for Membership to The J?
Yes, for those in need of financial assistance, The J is often able to help defray the cost of membership. If you are interested in applying for financial assistance, please contact the Membership Desk at (216) 831-0700, ext. 0 or info@mandeljcc.org to receive the financial assistance application.

What Do I Wear?
Wear comfortable, breathable clothes that allow you to move freely. Most of our members wear sweatpants or shorts and t-shirts. Gym or athletic shoes are required.

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