



When life gets tough, put on your boxing gloves!

Rock Steady Boxing provides effective, focused and intense exercise specifically for those living with Parkinson's.

Rock Steady's non-contact boxing exercise therapy dramatically improves the balance, flexibility, mobility and quality of life for people with Parkinson's



Right here in your back yard!



Black Belt USA

**5943 Steilacoom Blvd SW, Lakewood, WA
98499**

253-584-5966

*Come join us at Rock Steady
Boxing. We Work hard, fight end-
lessly, laugh loud and give big!
You'll love it here.*



Non-contact boxing exercise therapy for Parkinson's Fighters to improve their quality of life by reversing, reducing and delaying symptoms of PD.

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What we do...

Rock Steady Boxing enables people with PD to fight their disease through non-contact boxing-themed fitness and exercise therapy that improves their quality of life, self-confidence and independence. Recent studies suggest the intense exercise programs may be neuro-productive and work to delay the progression of PD symptoms.

Rock Steady provides encouragement in a high-energy workout inspiring maximum effort, speed, balance and flexibility from each fighter depending on their capabilities. Boxing moves your body in all planes of motion. Rock Steady has proven that anyone, at any level of PD, can lessen their symptoms and lead to a healthier and happier life.

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In This Corner, Hope.

Non-contact boxing inspired workouts can reverse, reduce or delay the symptoms of Parkinson's.

If you have Parkinson's, you can enhance your quality of life while building strength, flexibility, mobility and confidence! Fight your way out of the corner to feel and function better.

You are not alone!

Instead of sitting at home or going to the gym to swim alone, come to Rock Steady and join the family! We have other people right here doing the same thing.....Family... Friends... Waiting to greet you. This is where you belong and where you contribute to the group's energy and healing warmth. We work hard and we play hard... Together.

Testimonial: Jack

"I have been attending Rock Steady Boxing for 3 months. I have sweated off a few pounds but more importantly my stability, balance, strength and confidence have improved considerably."

Learn More:

It usually starts with a phone call to ask questions and get more information. The next step is to arrange for an assessment and visit a workout to see if it is right for you.

Regardless of your age, how long you have had Parkinson's or what stage you are, Rock Steady can improve your quality of life.

To learn more call us or visit us online. Be sure to "like" us on Facebook.com and tell your friends.



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About Rock Steady Boxing

Rock Steady Boxing started 11 years ago and now has over 750 locations serving over 36,000 Parkinson's fighters. There are multiple Rock Steady gyms in the Seattle and Tacoma area and we are proud to be right in your back yard!!!