



Rock Steady Boxing FAQ's

1. 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 shoes are preferred.

2. What Should I Buy?

For hygienic reasons, we recommend that you purchase your own boxing gloves and gel wraps for class. We do, however, offer a limited number of “community” gloves and wraps.

3. What Do I Need to Bring?

We stress the importance of staying properly hydrated, so make sure to bring plenty of water. (Water bottles with straws are easier to use with boxing gloves on!) A water cooler is also available for your convenience in the gym. Community “yoga mats” (used for stretching exercises) are also available, although many members prefer to bring their own. You can find yoga mats for purchase at almost any retailer (Target, WalMart, Amazon, etc).

4. What Should I Expect?

You can expect to be greeted warmly by the staff and your fellow boxers on your first day, and you can expect to meet lots of people who share the same challenges brought by PD. Classes are 75 minutes long, which include stretching, warm-ups, the workout, and a cool-down.

5. What If I Can't Keep Up?

It is important that at any time, if you feel you cannot keep up or become frustrated at not being able to perform at the level of the people around you, that you communicate that to your Coaches. They can offer modifications and suggestions on alternative training methods to help you focus on specific symptoms or challenges. **Do not do any exercises that you are uncomfortable doing – talk to your Coaches first if you are unsure of a specific exercise.** Rock Steady offers an encouraging, non-



judgmental environment that will hopefully allow you to share your specific concerns when necessary.

6. How Often Should I Come to Class?

How many times per week a person should attend is determined on an individual basis. It is generally recommended that a person attend a minimum of two times per week in order to see positive results. We encourage all of our members to attend as many times as possible throughout the week!

7. Is There a “Buddy System”?

In the first few weeks of class, our Coaches will pair you with another boxer who will help you learn the fundamentals. Where to go, what to do, how to put on your boxing gloves, etc. Remember – everyone was new once!

8. Who Are the Coaches?

Rock Steady Boxing APEX PT’s Coaches and administrative staff are listed on our website, www.apexptva.com. Our Program Director and Head Coach, Scott Brubaker, Jr., has been training people with Parkinson’s disease for over 8 years.

9. Who Do I Pay at Rock Steady for Classes?

Rock Steady Boxing APEX PT’s office is located inside APEX Physical Therapy & Movement Center. There is a monthly contract included in your new member application packet. Once that information is completed, give your contract to one of your Coaches or drop it off with the Rock Steady administrative staff in the office. Any questions about your contract should be addressed with the Chief Operating Officer, Kelly Brubaker.

10. What is the class schedule?

Monday: 12:00 pm
Tuesday: 9:00 am and 5:15 pm
Wednesday: 12:00 pm
Thursday: 9:00 am and 5:15 pm
Friday: 12:00 pm