

## Boxing Classes for Individuals with Parkinson's Disease

Age Requirements

No Age Requirement

Intake Process

Call or visit the website to find your local class at

<https://www.rocksteadyboxing.org/find-a-class/> to find their local contact information.

Rock Steady Boxing

<https://www.rocksteadyboxing.org/>

<https://www.facebook.com/rocksteadyboxing>

<https://twitter.com/rockstddyboxing>

Main

(317) 205-9198

7440 N. Shadeland Avenue

Suite 202

46250 IN

United States

Additional Availability Comments

Check your local gym for times.

Fee Structure

Call for Information

Languages Spoken

English

Rock Steady Boxing is a non-profit organization created to empower people with Parkinson's disease in hopes to fight back. This is achieved through a non-contact boxing based fitness curriculum. You can either [become an affiliate](#) and offer these courses to people in your area. Or you can [find a class](#) near you, as they are offered all over the nation!

Service Area(s)

Nationwide

Email

[info@rocksteadyboxing.org](mailto:info@rocksteadyboxing.org)