

## Dates & Registration

### Available 2016 Dates:

January 14-15  
February 18-19  
March 10-11  
April 7-8  
May 12-13  
June 9-10  
July 14-15  
August 11-12  
October 20-21  
November 17-18

### Training Camp hours:

Thursday-Friday, 8:00am – 6:00pm.  
*Training Camp participants may choose to attend an optional Saturday morning Parkinson's class from 9:00-11:30am.*

### Location:

6847 Hillside Court  
Indianapolis, Indiana 46250

### Registration:

Complete registration online at  
[www.RockSteadyBoxing.org](http://www.RockSteadyBoxing.org)



For more information, please contact:

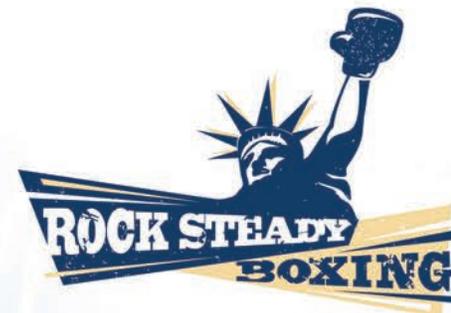
### Rock Steady Boxing, Inc.

6847 Hillside Court  
Indianapolis, IN 46250

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

**317.205.9198**

**[www.RockSteadyBoxing.org](http://www.RockSteadyBoxing.org)**



# TRAINING CAMP

**IN THIS CORNER, HOPE.  
FIGHTING BACK AGAINST PARKINSON'S**

# TRAINING CAMP

**Rock Steady Boxing**, a nonprofit organization, is the first non-contact boxing gym in the country dedicated to people with Parkinson's disease. It's our goal to have a Rock Steady Boxing program in every community throughout the world, so that when someone hears the words, "you have Parkinson's disease" it will be followed by "and there's a Rock Steady in your area where you can fight back."

In 2012, we developed "Training Camp" to spread our message of hope with the world. During this fun, interactive hands-on seminar, you will learn specific ways forced, intense exercise can delay and reduce the symptoms of Parkinson's disease.



## Becoming a RSB Certified Coach

Training Camp provides an overview of Parkinson's disease and beginner boxing technique. **Don't worry, you don't need to be a boxer to come to Camp!**

The course includes both classroom instruction as well as hands-on training in our Parkinson's classes. Coaches learn how to conduct a class and scale for every ability level. To attend, Coaches should be at least 18 years of age and must attend the entire two-day seminar to be eligible for coaching certification.

## Fees & Affiliation

### Training Camp Fee:

\$699\* first participant

*\*\$500 each additional coach from same location*

Training Camp Fee includes:

- 24 hours of intensive (fun) instruction
- Official RSB Gear: gym bag, boxing gloves, hand wraps, focus mitts, jump rope, hat & t-shirt (\$150 value)
- Four meals
- RSB Training Manual & Certificate of Completion



### Optional Annual Affiliate Fee:

\$89.00/month per location

*(\*Yearly paid in full discount available)*

Affiliate Fee includes:

- Use of RSB brand & personalized logo as authorized affiliate
- Private online trainer's forum with monthly training videos, curriculum, Q&A and access to other RSB Affiliates
- Assessment paperwork, membership application forms, editable program documents
- Neurologist letters, sample press releases, stock photography, research studies on exercise and PD
- Access to RSB wholesale discounts on gym equipment with three national boxing equipment retailers
- And more!

