What’s a class like?

Training classes, taught by Certified Personal Trainers, include an exercise program that attacks Parkinson’s at its vulnerable neurological points. While focusing on overall fitness, strength training, reaction time and balance, workouts include: “ring work”, focus mitts, heavy bags, speed bags, double-ended bags, jump rope, core work, calisthenics and circuit weight training. No boxing experience is necessary and people of all ages are invited to participate. Boxers, both male and female, range in age from mid-30s to early 90s.
Who We Are

Rock Steady Boxing Cleveland (RSB-CLE) is a first-of-its-kind, Cleveland business providing an effective form of physical exercise to people who are living with Parkinson's. Though it may seem surprising, this non-contact boxing-inspired fitness routine is dramatically improving the ability of people with Parkinson’s to live independent lives. RSB-CLE is an affiliate of the Indianapolis-based nonprofit Rock Steady Boxing gym. Founded in 2006 by former Marion County (Indiana) prosecutor Scott C. Newman, who was diagnosed with Parkinson’s disease at age 40.

What We Do

RSB-CLE enables people with Parkinson’s disease to fight their disease by providing non-contact boxing-style fitness programs that improve their quality-of-life and sense of efficacy and self-worth. Recent studies also suggest that intense exercise programs may be “neuro-protective,” actually working to delay the progression of symptoms. RSB-CLE provides encouragement through a “tough love” approach, inspiring maximum effort, speed, strength, balance and flexibility. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. RSB-CLE classes have proven that anyone, at any level of Parkinson’s, can actually lessen their symptoms and lead a healthier/happier life. Visit www.rocksteadyboxingcleveland.com for class schedule and registration information.

About Maria

Maria Pujolas, RN BSN, CPT
Owner / Trainer
Rock Steady Boxing Cleveland

Maria Pujolas, a graduate of The University of Akron is a Registered Nurse with a BSN and Certified Personal Trainer. For past 25+ years Maria has been serving the greater Cleveland area coordinating and educating adults with Homecare and Hospice.

As a result of her own interest in the fitness and wellbeing of older adults, Maria sought out an affiliation with Rock Steady Boxing, an exercise training program specifically developed for people who have Parkinson’s disease.

Maria is now the proud owner and trainer of Rock Steady Boxing Cleveland. Training classes, taught by Certified Personal Trainers, include exercises that attack Parkinson’s at its vulnerable neurological points. No boxing experience is necessary and people of all ages are invited to participate. Boxers, both male and female, range in age from mid 30s to early 90s.

In her free time, Maria loves spending quality time with her supportive husband and two beautiful daughters.