ROCK STEADY BOXING

Rock Steady Boxing at Fort Wayne Health Campus empowers people living with Parkinsons to fight back against the disease by providing a non-contact boxing fitness program that improves quality of life and a sense of efficacy and self worth.



Fort Wayne Health Campus is proud to offer a large gym equipped with boxing and exercise equipment. RSB has been going strong in Northeast Indiana since 2014!

Our trained coaches are knowledgeable and ready to help you regardless of needs or ability, by providing modification and progression options to all participants.

Tuesday, Thursday, Saturday: 10am - 11:30am

Tuesday, Thursday: 2pm - 3:30pm

Monday, Wednesday: 6pm - 7:30pm

Parkinson's Support Group meets on the 3rd Wednesday of the month at 5pm

FORT WAYNE
HEALTH CAMPUS

6723 S. Anthony Boulevard Fort Wayne, IN 46816
(260) 447 - 1591
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$15 per class or unlimited classes for $75/month.
Free to Fort Wayne Health Campus residents.

