

## COACH BRADY

Owner/Head Coach

From boxing gym member in Poway to retired professional boxer, Brady Rein has over 13 years of boxing knowledge and experience. When it came time to hang up his gloves, Brady's personal training client, who happened to be a neurologist, encouraged him to look into RSB as a way to utilize his passion for the sport to help those fighting Parkinson's. He immediately booked his flight to RSB headquarters to become a certified Rock Steady Boxing Coach and bring the program back to Poway. After two years of successfully running RSB Poway, he officially opened his own gym doors dedicated to his Brady Bunch.

Chat with him today and find out first hand why people keep coming back.



## FOLLOW US

@RSBPoway



## CONTACT US

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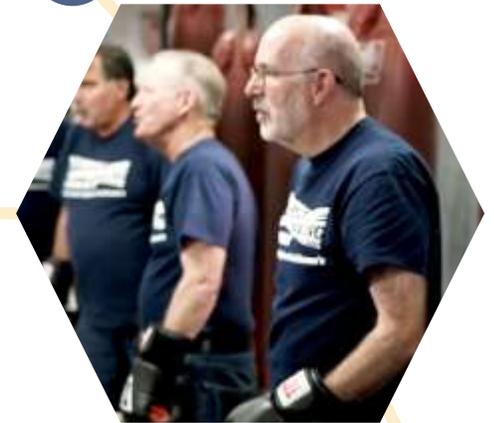
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**Fighting Back Against Parkinson's**



**Fighting Back  
Against Parkinson's**



## ROCK STEADY BOXING

Rock Steady Boxing (RSB) is a globally proven method of exercise giving those living with the Parkinson’s disease a better quality of life. Published medical research has shown that forced intense exercise can reduce, reverse and delay Parkinson’s symptoms. Boxing brings all those elements together to get you feeling great at the end of class.

Rock Steady Boxing Poway brings this program to the north county San Diego with a passionate coach and dedicated gym space. Coach Brady’s RSB classes are based on boxing fundamentals that you would find in any other boxing gym. We’re committed to making you stronger every day to get you back to living your life before Parkinson’s.

## WE PROVIDE



Non-contact boxing classes



A family-like atmosphere



A passionate coach with unlimited energy



Monthly support group meetings (1<sup>st</sup> Monday)

## CLASS SCHEDULE

Monday - Thursday

2:00 - 3:00 PM

Friday\*

2:00 - 3:30 PM

\*Extended for Friday Fall Day

Tuesday, Thursday, Saturday

9:30am - 10:30am



## THE BRADY BUNCH

Rock Steady Boxing Poway Members

You’ll find the toughest group of fighters west of the Rockies at RSB Poway. They’re ready to yell loud, work hard and give Coach Brady everything they got. As much as Coach Brady expects the best from them, they expect the best from him every day and they aren’t afraid to let him know it.

A Parkinson’s diagnosis doesn’t mean you’re fighting alone, when you join The Bunch they’re always in your corner.

Come watch a class today to see what all the excitement is about.