

Common questions about Black Dog Fitness



When should I start?

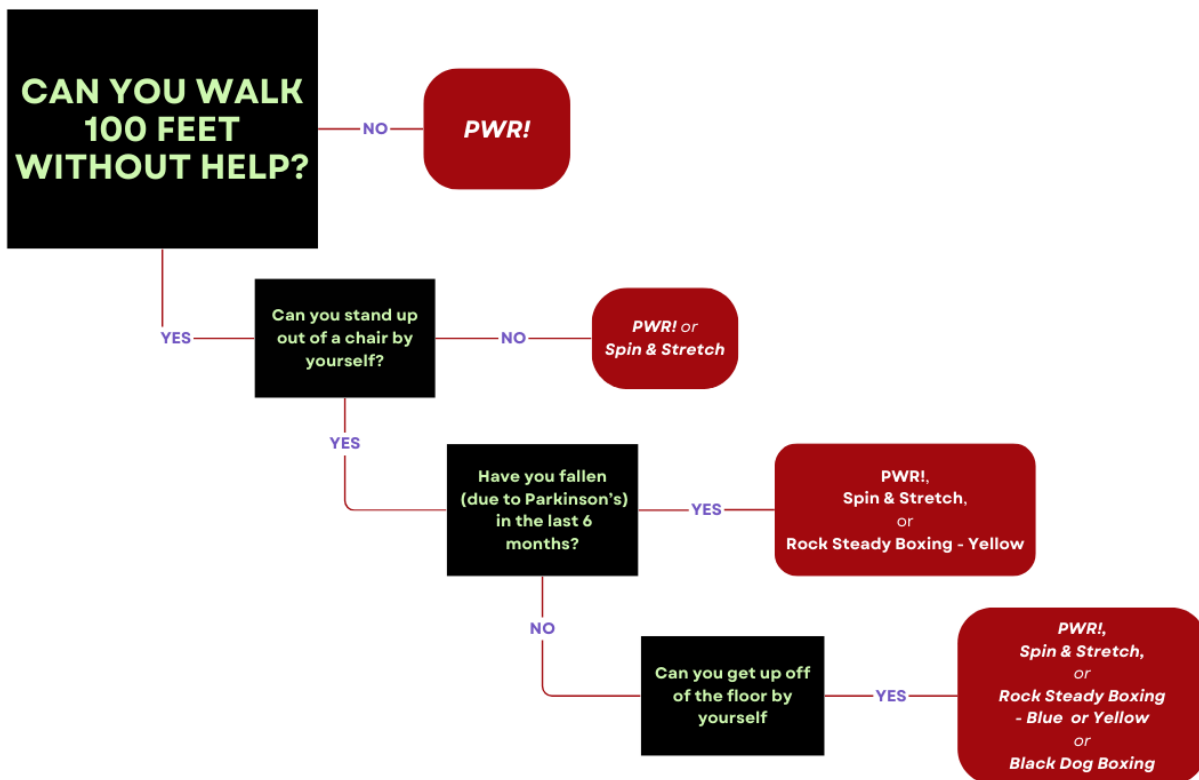
When do you want to start feeling better? If the benefits of exercise came in a pill, would you wait to start taking it? Start now. Feel better now.

How do I start?

There is no registration or appointment to make. Just show up. Come see a class. Later, we will schedule your assessment and get you settled in. For the assessment there is no pass or fail. The assessment helps me make sure that you are in the safest and most effective class for you. That's it!

Which class should I take?

Our classes are geared toward the different needs and abilities of our members. We will do an assessment of your balance and fitness to determine the most appropriate class. This flow chart can help you get an idea of which class might be best for you.



Boxing

Rock Steady Boxing - Blue is the higher intensity **Rock Steady Boxing (RSB)** class – the pace is faster, it is a bigger class, and we are up and down off the floor. The main focus is on intensity and general fitness.

RSB Yellow is our lower intensity **RSB** class. There is more transition time, the class is smaller, we have more coaches and almost all of the exercises can be modified to be seated. I recommend the Yellow Team to anyone who needs assistance walking or anyone who is at high risk of falls.

Black Dog Boxing is my one-hour, high-intensity, non-contact boxing workout. It is primarily boxing and body weight exercises both standing and on the floor (or seated). Black Dog Boxing is for the fighters who are in good shape and enjoy boxing. Parkinson's fighters have priority but this class is open to anyone.

Non-Boxing

PWR! is the follow-on to the [LSVT Big program](#). It is based on the [PWR! Moves](#) and the exercises emphasize large, functional, low-impact movements to help improve your balance, reach, strength and mobility. PWR! can be done sitting or standing.

Tai Chi is exceptional for balance, memory, coordination and stress control. You will need to stand for most of it but you can take breaks. It is not very physically demanding but it will get moving and making your brain and body working like nothing else.

Personal Training – Group fitness is not for everyone. Schedule allowing, I work one-on-one with Parkinson's clients who might like closer attention or more custom training programs.

When are the classes?

Click [HERE](#) for our typical weekly schedule.

Where?

We are at [9965 Kingston Pike](#) – in the shopping center just east of the intersection of Kingston Pike and Pellissippi Parkway. If you kept going across Kingston Pike from Fox Road you would drive right through our front door. Look for the sign on the front of the building.

How Much?

Membership is based on the number of classes you plan to attend per month. Your membership applies to any of the classes we offer.

- 4 classes per month (about 1 per week) \$64
- 8 classes per month (about 2 per week) \$124
- 12 classes per month (about 3 per week) \$180
- Unlimited classes per month \$224

-Veteran, Law Enforcement and First Responder discounts are available.

Is this covered by insurance or Medicare?

Unfortunately, not yet. However, many HSAs support us.

What if I can't afford the membership fees?

PK Hope is Alive, the Oak Ridge Parkinson's Support Group, offers financial aid to any fighter who qualifies. You just need to ask. I have the contact information and request form in your welcome package. Once we know what program will work best for you, you can make the request.

What can my driver, spouse or care taker do while I am in class?

They are welcome to help in class, just hang out on the couch or go do something else (as long as you are safe in class). Many of our spouses enjoy talking to each other during class.

What if I am "too far along"?

If you can move, you can exercise and any exercise helps. It is never "too late" to get healthier or feel better. Do what you can and stick with it. I **guarantee** you will feel better. You will see.

Guarantee?

Yes. We 100% guarantee that you will feel better. If you come to class for one month and honestly don't feel any better than you did when you walked in our door for the first time, I will give you every penny of your membership fees back. No loopholes. No catches. If you do the work, you will feel better, I guarantee.

What if I don't want to box?

Boxing is amazing exercise but it isn't all we offer. We have other options like PWR!, Tai Chi and personal training that are all great workouts without the impact of boxing.

Do you have to have Parkinson's to participate?

No. Everyone can benefit from exercise. The only program that requires a diagnosis of Parkinson's disease is Rock Steady Boxing. Everything else is open to anyone.

What facilities do you have?

The gym is easy to access – One door, no steps and parking within feet of the doors. We have locker rooms that are fully ADA compliant (low threshold, grab bars, plenty of room), free Wi-Fi and a small kitchenette area in the back. If it all goes sideways, we have an AED and first aid kit and a fire station is less than one mile away.

If you have any more questions or concerns, please contact me at (865) 387-0415 or Zach@BlackDogFitness.com