



WHAT IS PD FIGHT CLUB?

PD Fight Club is a therapeutic, non-contact boxing program designed to support brain health and movement. Safe and adaptable for all levels, it aims to improve balance, mobility, strength and daily function.

Therapeutic boxing has proven benefits for people with Parkinson's disease, movement disorders and dementia, including:

- **Improved Coordination:** Precise movements retrain the brain and body.
- **Boosted Cognition:** Learning combinations strengthens memory, focus and decision-making.
- **Enhanced Neuroplasticity:** Supports new brain connections through BDNF.
- **Reduced Stress & Better Mood:** Increases dopamine and serotonin to lift mood and reduce anxiety.
- **Social & Emotional Support:** Builds community, motivation and resilience.
- **Safe & Adaptable:** Non-contact, modifiable for all abilities, including seated workouts.

HOW WE CAN HELP

If you or someone you know has been diagnosed with Parkinson's disease or a movement disorder (MD), there's good news - Exercise Right & Rehab Studio (ERRS) is a purpose-built health hub dedicated to supporting individuals with medical conditions that affect movement.

We understand the challenges of living with PD, which is why we've developed PD Fight Club, a specialised, evidence-based program endorsed by Parkinson's Australia.

HOW TO GET INVOLVED

To take part in this program, you can be referred by your doctor or refer yourself. An initial session with a with one of our qualified therapists will need to be arranged before your program commences, to establish your fitness level and goals.

CLASS COST & SCHEDULE

This program can be funded privately or or you can check with your health fund for potential rebates. Please contact our admin team for current pricing and class schedules.



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