

NeuroFit Gym Neuro Class Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00 AM					Web: www.theneurofitgym.com		
9:15 AM		Advanced Strength 9:15-10:00	Advanced PD Boxing	Advanced Strength 9:15-10:00	Email: info@theneurofitgym.com		
9:30 AM	Advanced PD Boxing	(cardio on your own 9-9:15)	9:15-10:00	(cardio on your own 9-9:15)	Address: 4155 Tonya Trail, Hamilton, OH 45011		
10:00 AM	9:30-10:15	Slow Flow Yoga (advanced)					
10:15 AM			Uber Jabber!				
10:30 AM	Jabber Gym for PD	Specialty Clinic	10:15-11:00	Biking for Brain (sign up)			Indicates class is open to neuro clients and community members
11:00 AM	10:30-11:20	10:45 - 12:00	Cog-Cardio	10:30-11:20	NeuroBox		
11:30 AM		Cardio Row (sign up) 11:30-12:00	11:00-11:50	Cardio Row (sign up) 11:30-12:00	11:00-11:50		For Neuro Classes or Individual Sessions: please call for an assessment prior to attending a class: Amy (513-543-3188) Colleen (513-207-0104) \$45.00 assessment fee may apply
12:00 PM	NFB for PD	Stronger Together 12:00-12:30	NFB for PD	Strong and Steady	NFB for PD		
12:30 PM	12:00-1:00	Chair Yoga 12:30-1:00	12:00-1:00	12:00-1:00	12:00-1:00		
1:00 PM							
1:15 PM	DTD for PD		DTD for PD				We will talk or meet with you to discuss your needs and goals, so that we know how to best help you and your care partner
1:30 PM	1:15-2:10		1:15-2:10				
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM	Facebook: @theneurofitgym						
4:00 PM	Instagram: @theneurofitgym						
5:00 PM						30 minute class \$5	Neuro: \$40.00 / hour
5:15 PM			Neuro Bootcamp	Neuro Advanced HIIT		60 minute class \$10	Ortho: \$50.00 / hour
5:30 PM		BOYO	5:15 - 6:15 PM	5:15 - 6:15 PM		90 minute class or more \$15/day	If receiving PT/OT services, \$30/hr each
		5:30-6:40 PM					

Advanced PD Boxing Warm up followed by 8 rounds of higher intensity boxing. Please see Amy or Drew if you are interested in this class.

Jabber Gym Class focuses on improving & maintaining speech, voice projection, communication, and swallowing skills. Please bring a bottle of water with you!

NFB: NeuroFit Boxing for PD Consists of group non-contact boxing designed specifically for people with Parkinson's Disease. Each class focuses on increasing strength, endurance, balance, gross motor skills, and power.

DTD: Delay the Disease for PD A fitness program designed to empower people with PD to take control of the disease with daily exercise. Every class includes strengthening, cardio, and brain work.

Advanced Strength Higher intensity strength class - must receive approval from Amy or Erin to participate.

Cardio Row A 30 minute cardio workout targeting arms, legs, core, and back for a full body workout. Rowing is a low-impact exercise and will help to improve your endurance and strengthen your postural muscles. NOTE: sign up is necessary for this class

Stronger Together A strength class open to those with a neurological diagnosis and also community members. Seated and standing exercises for overall strength.

Chair Yoga A gentle yoga class performed seated in a chair and with the use of a chair for balance during standing postures. Yoga allows for gentle stretching which improves range of motion and flexibility. This class also focuses on breathing techniques, meditation, and mindfulness.

BOYO Open to community and gym members who are looking for an advanced workout. Class consists of 8 rounds of boxing followed by 30ish minutes of yoga. The perfect combination!

Uber Jabber! Jabber Gym with a higher intensity and more challenging cognitive load. *Must receive approval for participation by Drew or Amy.

Cog-Cardio This class is for individuals with dementia, memory issues, or any neurological disorder. Short bursts of cardiovascular exercises are combined with cognitive exercises such as matching, sequencing, following directions, memory recall, and more.

**Neuro Bootcamp
Neuro Advanced HIIT** Classes consist of exercises with weights and kettle bells targeting the major muscle groups, followed by stretching to improve flexibility and range of motion. Bootcamp includes 30 minutes (8 rounds) of higher intensity boxing. Participants must be independent with sit to stand, walking, and floor transfers

Biking for Brain Think modified Peloton! This class is open to any neuro diagnosis. Cardio on upright bikes, recumbent bikes, or NuSteps of varying intensities are combined with upper and lower body strengthening exercises

Strong and Steady Strengthening exercises to target the major muscle groups for overall improved endurance, balance, and posture. This class utilizes weights and bands and emphasizes proper form and safety. Exercises and balance activities are modified for all levels.

NeuroBoxing Open to any neuro diagnosis. Class consists of gentle warm up followed by 8 rounds of non-contact boxing. Class ends with gentle stretching.

Specialty Clinics Clinics consist of one specific focus for the entire 4 week clinic. Topics include neuropathy, gait, shoulder care, back care.