

## NeuroFit Gym Neuro Class Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00 AM	<b>Web:</b> www.theneurofitgym.com						
9:30 AM	<b>Email:</b> info@theneurofitgym.com		Please note: Tuesday 11AM Strength and TH 5:15 PM HIIT are temporarily on hold!				
10:00 AM	<b>Address:</b> 4155 Tonya Trail, Hamilton, OH 45011						
10:30 AM	Jabber Gym						
11:00 AM	10:30-11:30	Adv. Strength (on hold) Zumba Gold	Cog-Cardio		NeuroBox		
11:30 AM		Cardio Row (sign up)	11:00-12:00	Cardio Row (sign up)	11:00-12:00		
12:00 PM	NFB for PD	Strength 12:00-12:30	NFB for PD	Strength 12:00-12:30	NFB for PD		Indicates class is open to neuro clients and community members
12:30 PM	12:00-1:00	Balance Challenge 12:30-1:00	12:00-1:00	Chair Yoga 12:30-1:00	12:00-1:00		
1:00 PM						<b>For Neuro classes:</b> please call for an assessment prior to attending a class: <b>Amy (513-543-3188)</b> <b>Colleen (513-207-0104)</b>	
1:15 PM	DTD for PD		DTD for PD			<i>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</i>	
1:30 PM	1:15-2:15		1:15-2:15				
2:00 PM							
2:15 PM							
2:30 PM							
3:00 PM							
3:30 PM							<b>Individual Sessions:</b>
4:00 PM				Facebook: @theneurofitgym		<b>Class Prices:</b>	\$35.00 / hour
4:30 PM				Instagram: @theneurofitgym		30 minute class \$5	5 sessions for \$175.00
5:00 PM						60 minute class \$10	10 sessions for \$300.00
5:15 PM			Neuro Bootcamp	Neuro Advanced HIIT		90 minute class \$15	<b>Minimum of 5 sessions must be purchased to begin individual therapy. Cancellation policy applies.</b>
5:30 PM	Neuro Strength Advanced	BOYO	5:15 - 6:15	5:15 - 6:15 *on hold			
6:00 PM	5:30-6:30	5:30-6:30ish					
6:30 PM							

**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, fine 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. Exercises are tailored to each individual and every class includes strengthening, cardio, and brain work.

**Advanced Strength** An advanced strength workout utilizing weights, bands, TRX. Participants must be independent with sit to stand, walking, and floor transfers. Must receive approval to participate in this class by Amy or Colleen.

**Zumba Gold** Community class for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

**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

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

**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!

**Neuro 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 Strength Advanced / 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

**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.

**NeuroBoxing** Open to any neuro diagnosis. Class consists of cardio warm up on machines followed by 8 rounds of non-contact boxing. Class ends with gentle stretching and cool-down.