

NeuroFit Gym Neuro Class Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00 AM				Web: www.theneurofitgym.com		
9:30 AM	Advanced PD Boxing			Email: info@theneurofitgym.com		
10:00 AM	9:30-10:20			Address: 4155 Tonya Trail, Hamilton, OH 45011		
10:30 AM	Jabber Gym for PD	Neuropathy Clinic		Biking for Brain (sign up)		
11:00 AM	10:30-11:20	10:30 -11:45	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	Indicates class is open to neuro clients and community members
12:00 PM	NFB for PD	Strength and Balance	NFB for PD	Strength 12:00-12:30	NFB for PD	
12:30 PM	12:00-1:00	12:00-1:00	12:00-12:50	Chair Yoga 12:30-1:00	12:00-1:00	
1:00 PM						
1:15 PM	DTD for PD		DTD for PD			
1:30 PM	1:15-2:10		1:15-2:10			
2:00 PM						
2:30 PM						
3:00 PM			Facebook: @theneurofitgym			
3:30 PM			Instagram: @theneurofitgym			
4:00 PM					Class Prices:	Individual Sessions:
4:30 PM					30 minute class \$5	\$45.00 / hour
5:00 PM					60 minute class \$10	5 sessions for \$210.00
5:15 PM		Neuro Bootcamp	Neuro Advanced HIIT		90 minute class \$15	10 sessions for \$400.00
5:30 PM	BOYO	5:15 - 6:15 PM	5:15 - 6:15 PM		Neuropathy Clinic	Minimum of 5 sessions must be purchased to begin individual therapy. Cancellation policy may apply.
6:00 PM		5:30-6:40 PM			3 to 4 participants 6 week sessions	
6:30 PM					Cost \$300.00	

Advanced PD Boxing Warm up followed by 8 rounds of higher intensity boxing. Please see Amy or Colleen 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, 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.

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!

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.

Biking for Brain Think Peleton! 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

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.