

## 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												
10:00 AM	<b>Address:</b> 4155 Tonya Trail, Hamilton, OH 45011												
10:30 AM													
11:00 AM			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: Amy (513-543-3188) Colleen (513-207-0104)  <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>												
1:15 PM								DTD for PD		DTD for PD			
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						<i>Facebook:</i> @theneurofitgym							
4:00 PM						<i>Instagram:</i> @theneurofitgym							
4:30 PM													
5:00 PM													
5:15 PM			Neuro Bootcamp Advanced	Neuro Strength Advanced		<b>Class Prices:</b>	<b>Individual Sessions:</b>						
5:30 PM		BOYO	5:15 - 6:15	5:15 - 6:15		30 minute class \$5	\$35.00 / hour						
6:00 PM		5:30-6:30ish				60 minute class \$10	10 sessions for \$300.00						
6:30 PM						90 minute class \$15							

**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.

**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 Bootcamp & Strength (Advanced)** 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

**Strength Advanced** 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. 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 during the asanas, which improves range of motion and flexibility. This class also focuses on breathing techniques, meditation, and mindfulness to calm the nervous system. Balanced yoga focuses on balance postures and is performed mostly standing with support as needed.

**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.

**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!