	NeuroFit Gym Neuro Class Schedule						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
				Web: www.theneurofitgym.com			
Advanced PD Boxing				Email: info@theneurofitgym.com			
9:30-10:20				Address: 4155 Tonya Trail, Hamilton, OH 45011			
Jabber Gym for PD	Neuropathy Clinic		Biking for Brain (sign up)				
10:30-11:20	10:45-11:45	Cog-Cardio	10:30-11:20	NeuroBox	Indicates class is open to neuro clients and		
	Cardio Row (sign up) 11:30-12:00	11:00-11:50	Cardio Row (sign up) 11:30-12:00	11:00-11:50	com	munity members	
NFB for PD	Strength 12:00-12:30	NFB for PD	Strength 12:00-12:30	NFB for PD			
12:00-12:50	Balance 12:30-1:00	12:00-12:50	Chair Yoga 12:30-1:00	12:00-12:50			
					For Neuro	classes:	
DTD for PD		DTD for PD			please call for an assessment		
1:15-2:10		1:15-2:10			prior to attending a class: Amy (513-543-3188)		
					Colleen (513-207-0104)		
					We will talk or meet with you to discuss		
		Fá	acebook: @theneur	ofitgym	your needs and goals, so that we know how to best help you and your care partner		
3:30 PM							
					Class Prices:	Individual Sessions:	
					30 minute class \$5	\$35.00 / hour	
					60 minute class \$10	5 sessions for \$175.00	
Neuro Strength Advanced		Neuro Bootcamp	Neuro Advanced HIIT		90 minute class \$15	10 sessions for \$300.00	
5:15-6:15 PM	воуо	5:15 - 6:15 PM	5:15 - 6:15 PM		Neuropathy Clinic	Minimum of 5 sessions must be	
	5:30-6:40 PM				4 to 6 participants 4 week sessions	purchased to begin individual	
					Cost \$300.00	therapy. Cancellation policy may apply.	
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.							
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.							
	9:30-10:20 abber Gym for PD 10:30-11:20 NFB for PD 12:00-12:50 DTD for PD 1:15-2:10 Neuro Strength Advanced 5:15-6:15 PM Boxing Warm up f Class focuses on im Boxing for PD the Disease for PD the	abber Gym for PD Abber Gym for PD 10: 30-11: 20 NFB for PD NET Gradio Row (sign up) 11: 30-12: 00 Strength 12: 00-12: 30 Balance 12: 30-1: 00 DTD for PD 1: 15-2: 10 Boxing Boxing Warm up followed by 8 rounds of increasing strength, end of a cardio workout targeting arwill help to improve your endurance and and and emphasizes proper on community and gym members who are an end and and emphasizes proper on community and gym members who are an end and and emphasizes proper on community and gym members who are an end and and emphasizes proper on community and gym members who are and a	abber Gym for PD Neuropathy Clinic 10:30-11:20 10:45-11:45 Cardio Row (sign up) 11:00-11:50 NFB for PD Strength 12:00-12:30 NFB for PD DTD for PD DTD for PD 1:15-2:10 DTD for PD 1:15-2:10 Neuro Strength Advanced S:15-6:15 PM Boxing Warm up followed by 8 rounds of higher intensity be increasing strength, endurance, balance, fin endurance, balance, fin endurance and strengthen your power. 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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.