

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	10:45-11:45	Cog-Cardio	10:30-11:20	NeuroBox		Indicates class is open to neuro clients and community members
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		
12:00 PM	NFB for PD	Strength 12:00-12:30	NFB for PD	Strength 12:00-12:30	NFB for PD		
12:30 PM	12:00-12:50	Balance 12:30-1:00	12:00-12:50	Chair Yoga 12:30-1:00	12:00-12:50		
1:00 PM						For Neuro classes: please call for an assessment prior to attending a class: Amy (513-543-3188) Colleen (513-207-0104) \$30.00 assessment fee may apply <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	1:15-2:10		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	\$35.00 / hour
5:00 PM						60 minute class \$10	5 sessions for \$175.00
5:15 PM	Neuro Strength Advanced		Neuro Bootcamp	Neuro Advanced HIIT		90 minute class \$15	10 sessions for \$300.00
5:30 PM	5:15-6:15 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.
6:00 PM		5:30-6:40 PM				4 to 6 participants 4 week sessions	Cancellation policy may apply.
6:30 PM						Cost \$300.00	

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

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.
-------------------------------	--

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.
--------------------	--

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.
------------	---

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.
-------------	--