Neuro Strength Advanced Neuro Botcamp Advanced Neuro Strength Advanced (HIT) Class Prices: Individual S 5:30 PM 5:15 - 6:15 BOYO 5:15 - 6:15 30 minute class \$\$ \$35:00 / 6:00 PM 5:30 - 6:30 sh 60 minute class \$10 10 sessio \$300. 6:30 PM 90 minute class \$10 10 sessio \$300. 6:30 PM 90 minute class \$10 90 minute class \$10 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 a tailored to each individual and every class includes strengthening, cardio, and brain work. Advanced Strength An advanced strength workout utilizing weights, bands, TRX. Must receive approval to participate in this class by Amy or Collect Cardio Row A30 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 endurance and posture. This class utilizes we 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 dementa, memory issues, or any neurological disorder. Short bursts of cardiovascular exercises are combined with cognitiv		Mon	Tue	Wed		Fri	Sat	Sun
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and mindfulness to calm the nervous system. Balanced yoga focuses on balance postures and is performed mostly standing with support	hair Yoga	stretching during	the asanas, which imp	roves range of mot	ion and flexibility. This	class also focuse	s on breathing technique	s, meditation,
Open to any neuro diagnosis. Class consists of cardio warm up on machines followed by 8 rounds of non-contact boxing. Class ends wi gentle stretching and cool-down.		open to any ne		onsists of cardio war	rm up on machines foll	owed by 8 rounds	of non-contact boxing.	Class ends with