



## Weekly Class Schedule

All new clients must complete a 45-minute Initial Assessment (\$25) before starting services with NBC. Includes one free Group Fitness Class (excludes fitCircuit).

<b>Monday</b>
10:00 - 11:00 AM – <b>fitEmPower</b> (\$15 per class)
1:00 - 2:30 PM – <b>Rock Steady Boxing – Level 2/3</b> (\$25 per class)
<b>Tuesday</b>
11:00 AM - 12:00 PM – <b>fitCircuit</b> (\$25 per class – pre-assessment and 4-week commitment required)
12:00 - 1:00 PM – <b>fitEssentials</b> (\$15 per class)
2:00 - 3:00 PM – <b>fitMinds</b> (\$15 per class)
6:00 - 7:30 PM – <b>Rock Steady Boxing – Level 1</b> (\$25 per class)
<b>Wednesday</b>
10:30 - 11:30 AM – <b>Rock Steady Boxing – Level 4</b> (\$15 per class)
1:00 - 2:30 PM – <b>Rock Steady Boxing – Level 2/3</b> (\$25 per class)
<b>Thursday</b>
10:00 - 11:00 AM – <b>fitEmPower</b> (\$15 per class)
11:00 AM - 12:00 PM – <b>fitCircuit</b> (\$25 per class – pre-assessment and 4-week commitment required)
12:00 - 1:00 PM – <b>fitEssentials</b> (\$15 per class)
6:00 - 7:30 PM – <b>Rock Steady Boxing – Level 1</b> (\$25 per class)
<b>Friday</b>
10:30 - 11:30 AM – <b>Rock Steady Boxing – Level 4</b> (\$15 per class)
1:00 - 2:30 PM – <b>Rock Steady Boxing – Level 2/3</b> (\$25 per class)
<b>Saturday</b>
10:00 - 11:30 AM – <b>Rock Steady Boxing – Level 1</b> (\$25 per class)
12:30 - 2:00 PM – <b>Rock Steady Boxing – Level 2/3</b> (\$25 per class)



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All new clients must complete a 45-minute Initial Assessment (\$25) before starting services with NBC. Includes one free Group Fitness Class (excludes fitCircuit).



Our adaptive Rock Steady Boxing classes promote endurance, flexibility, stability, balance, strength and coordination. Boxing classes are developed to facilitate a boxer's (non-contact) training regimen. Each session includes a dynamic warm-up, varied interval-based workouts which includes basic boxing techniques, and a cool down.



This adaptive small group circuit class focuses on balance, flexibility, cardiovascular endurance and strength, incorporates adaptive fitness equipment and is led by a physical therapist. Participants must be able to independently, with or without an assistive device, transfer from one piece of equipment to the next, walk short distances, stand up, sit down, lay down and sit up without assistance. Pre-assessment and 4-week commitment is required.



Taught by a PWR!Moves® certified therapist, this class incorporates PWR!Moves® (targeted toward individuals with Parkinson's disease, but also benefits those with other neurological conditions and balance issues) to keep you moving and doing more of what you want to do! Participants will be challenged physically and cognitively while working on strength, balance, agility, aerobics, posture and flexibility- to improve fitness, and increase daily activity. This whole body, function-focused exercise class will push you to do more than you think you can in a fun and empowering environment!



fitEssentials is an adaptive exercise class that covers the foundations of fitness. Exercises focus on building strength, improving range of motion, enhancing balance, and supporting daily activities. They may include the use of hand weights, resistance bands, or fit balls. Most participants are seated during the class. This class is designed to support populations with neurodegenerative conditions, such as Multiple Sclerosis.



fitMinds is a cognition and communication group class designed to improve cognitive function, communication skills, and social interaction for adults with progressive neurological disorders. Led by a speech-language pathologist, this weekly 60-minute program fosters a safe and supportive environment for participants to learn, grow, and connect. fitMinds aims to enhance quality of life and reduce isolation for individuals living with these challenging conditions.