



Neuro**FLEX** *Fitness*

Managing **neurological conditions** through **active movement** and **community support**

Connecting active movement and community support, NeuroFlex Fitness enables people living with neurological conditions to achieve a better quality of life.

NeuroFlex Fitness schedule is structured to delay the progression of disorders such as Parkinson's Disease, Multiple Sclerosis and *Alzheimer's/Dementia. We believe that exercising with people experiencing similar challenges and goals creates a powerful environment where positive progress can be made.

Classes are hybrid in format, providing participants with the option to exercise in-person or in the comfort of their own home. All levels of fitness are welcome – it is never too late to get started.

*Alzheimer's/Dementia = Early to moderate onset.

OUR CLASSES FOCUS ON:

STRENGTH | BALANCE & COGNITIVE ENHANCEMENT | COORDINATION
VOICE ACTIVATION | STRETCHING | CORE STABILIZATION | BIG MOVEMENT

CLASSES HELD ON MONDAY, WEDNESDAY & FRIDAY

LEVEL 1-2 6:30 am • 9:00 am • 4:00 pm **LEVELS 3-4** 10:30 am

FORT HILL
ACTIVITY CENTER

20 FORT HILL DRIVE | NAPERVILLE
630-995-8913

For more information contact:

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