

NEURO FIGHT CLUB MOVE WITH POWER

A PARKINSON'S GYM WORKOUT PROGRAM

BUILD STRENGTH. IMPROVE BALANCE. BOOST CONFIDENCE.

Join our specially designed fitness program tailored for individuals with Parkinson's disease—Our workouts are safe, effective, and empowering – helping you move better, feel stronger, and live with more freedom.

WHAT YOU'LL GET:

- Parkinson's/specific exercises for strength, balance & coordination
- Certified trainers with Parkinson's expertise
- Supportive, encouraging group environment
- Modifications for every ability level
- A chance to take control and fight back

ANYONE IT'S FOR:

Anyone living with Parkinson's – all stages welcome!
No prior fitness experience needed.

CLASS TIMES:

Tuesday & Thursday –
5:30 PM

Saturday – 10:00 AM

LOCATION:

6430 Business Park Loop
Park City, UT 84098

FIRST CLASS IS FREE!

Let's get moving –
together.

CALL: 435-640-8695