Why choose the NeuroRehab and Balance Center?
- Our fitness classes are taught by a team of physical therapists and physical therapist assistance who are experts in Parkinson’s disease. Our instructors have multiple advanced certifications including Parkinson’s Wellness Recovery, LSVT BIG, and Delay the Disease. Their unique knowledge of how to best use exercise to fight back against Parkinson’s disease means you will get a fun, effective workout every class.
- We offer three levels of classes for different degrees of fitness and Parkinson’s symptoms so there is a fit for everyone.
- Our instructors are constantly monitoring your progress. They identify and stay ahead of the small changes that occur over time and make recommendations for therapy when needed.
- Our gym is specially designed to allow people with balance problems to exercise safely. Safety harnesses allow participants of all levels to fully take part in challenging workouts without fear of falling.
- Classes are designed to be as fun as they are effective. All classes are completed to music and our wide range of equipment from boxing gloves to yoga mats ensures you will find a new challenge each week.

Can I participate in class if I have not completed therapy first?
Although we recommend all class participants complete an individualized Physical Therapy and/or Occupational Therapy evaluation prior to signing up for exercise classes, this is not a requirement. If you choose this option, you will need to register first (Call 937-401-6109, Option 2 to register). A member of our staff will then ask you a few screening questions to help you decide which class will be the best fit for you.

Do I need a doctor’s approval?
We encourage all participants to get clearance from their doctor prior to beginning class, especially if you have not already completed physical or occupational therapy with us in the past. However, this is not a requirement.

I am not having trouble with anything. Why do I need therapy?
It is highly recommended that all people with PD complete an individualized evaluation at the time of diagnosis and at least yearly throughout the disease process. A few of the benefits include:
- Allows early identification of the often subtle changes you may be unaware of.
- Obtaining a baseline of your functional status allows you to identify deficits early and more effectively fight changes in the future.
- Individualized treatments to address the goals that are most important to you.
- Extensive education on community resources and support.
- In-depth education on the best type and intensity of exercise specific to your needs.
Parkinson’s Fitness  
Frequently Asked Questions

**What can I expect?**  
Each class uses music to provide a motivating, high energy atmosphere. Instructors will use a variety of exercise and equipment such as boxing, yoga, balance and coordination drills designed to motivate you and combat the challenges that often accompany Parkinson’s Disease.

**What should I wear?**  
Wear loose fitting, comfortable clothes and gym shoes. It is recommended to bring a water bottle with a lid and a towel to each class.

**Does insurance cover the cost of the program?**  
No. This is a cash based program that is focused on your long-term fitness and wellness.

**How much does it cost?**  
$15 per class or you may sign up for a package of 8 classes for $90

**What if I can’t make it to a class I signed up for?**  
As long as you provide 24 hours cancellation notice, you may call and move your class to a different day. If you provide less than 24 hours notice, that class will be forfeited.

**Can a caregiver or family member exercise with me?**  
We always appreciate family/caregivers to help spot or assist their loved one during classes. However, due to limited equipment and space, caregivers and family members are currently not permitted to participate in the exercise program themselves.

**How do I schedule?**  
Stop by or call our front desk at 937-401-6109, Option 2 to register. Our staff can help guide you to which class would be the best fit.