Neuro Fight Club

This fun, dynamic class is designed to maximize your every-day functional abilities through boxing fundamentals and a comprehensive set of amplitude-based movements including: flexibility, strength, and balance. This comprehensive approach allows us to target the range of ability levels for including the active aging, and those with Parkinson’s disease, stroke, spinal cord injury, and recovering musculoskeletal injuries.

**When:** Mondays and Wednesdays 12:00pm - 1:00pm

**Where:** Movement Revolution’s- Neuro Intensive Training Center

158 S. Waukegan Rd., Deerfield, IL 60015

*(Inside the Joy of the Game Sport Complex)*

**Cost:** $105 per month

Call to sign up today!

(312) 465-3921
daisy@movement-revolution.com