

SLI

Neuro-Fit

Fitness. Function. Fun.

Assisted exercise for individuals affected by Brain Injury, Stroke or other Neurologic Disorders

Neuro-Fit, from Supportive Living Inc. (SLI), is an evidence-based exercise class designed for people living with physical and / or functional limitations caused by a brain injury. Participants in Neuro-Fit are provided a robust exercise program created by an experienced Neuro-Fit instructor and assisted by a trained SLI intern. Each exercise program is tailored to meet goals agreed upon by the instructor and class member. Classes include 25 minutes of aerobic activity and 25 minutes of strength, balance, endurance and/or other goal related exercises.



Improvements from Neuro-Fit may include:

- Cardio Health - Weight Management
- Sleep - Strength - Stamina
- Combat Depression - Balance
- Endurance - Self-esteem
- Independent Living and more

Neuro-Fit classes are offered twice a week at:

Andover / North Andover YMCA - Tue & Th 2:15 and 3:30pm

Glen T. McLeod / Cape Ann YMCA - Mon & Wed 10:30 and 11:30am (Gloucester)

Lynch / van Otterloo YMCA - Tue & Th 10:30 & 11:30am (Marblehead)



Neuro-Fit classes are offered Monday - Friday at:

SLI Neuro-Wellness Center, Lexington

Classes are held at 12:30, 1:45, 3:00 and 4:15pm

Fees: \$15 per class. Financial aid is available.

Summer Classes 2021 June 7 – August 13

For more information contact info@supportivelivinginc.org, or leave a message @ 781-937-3199



Supportive Living, INC.

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