EQUIP. CHALLENGE. EMPOWER.

# DAY ONE FITNESS Fight back!

Standing with those living with Alzheimer's, Multiple Sclerosis, Parkinson's, and Stroke



### LOCATION

257 Beech Island Ave Beech Island, SC 29842

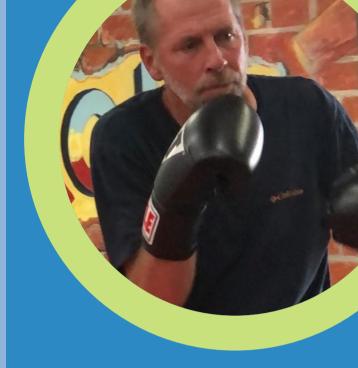


### CONTACT

DayOneFitness.org 803.265.1699 Info@DayOneFitness.org



Scan the code above to see what the experts say about exercise and Alzheimer's, Multiple Sclerosis, Parkinson's, and Stroke.



### **TESTIMONIALS**

"I love this gym and everything they provide for the community! The individuals who attend these classes prove that it is never too late to take your health in your own hands, no matter what you've been through!"

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"Learning to box in a healing, positive environment. So many awesome workouts to push myself like yoga, boxing, core strengthening, dance, aerobics, weights...the list goes on and the instructors are awesome.

Love this gym!!!"

Our mission at Day One Fitness is to partner with those fighting neurological conditions by equipping them to challenge their expectations and empowering them to lead the best life possible.

We accomplish this through intensive and rigorous exercise delivered in a welcoming, professional, and supportive environment.

> not your ordinary gym

### TRAINING TO IMPROVE

- Hand-eye coordination
- Speed of Movement
- Flexibility
- Optimal Balance Reduced Stress
- Gait
- Posture

- Core Strength
- Agility
- Rapid Muscle Firing
- Improved Mental Focus
- · Sense of Community

### **ABOUT THE PROGRAMS POWER BOXING**

Centered around non-contact boxing, with a focus on forced intensity; these classes emphasize improving posture, gait, balance, and functional mobility. Three different levels are offered, allowing everyone to participate regardless of cognitive or physical ability.

#### **POWER BOXING I**

- Fast-paced with rapid transitions
- · Physical and cognitive assistance limited
- Cornerman (support person) encouraged to attend

#### **POWER BOXING II**

- Fast-paced with moderate transitions
- · Cognitive and limited physical assistance provided
- · Cornerman encouraged to attend

#### **POWER BOXING III**

- Slower paced with longer transitions
- · Physical and cognitive assistance provided
- · Cornerman may be required to attend in some cases



#### **FUNCTIONAL FITNESS**

Adapted from a variety of specialized training programs, the focus is on functional mobility and strength.

#### **FUNctional Fitness**

Offered as a combined class. FUNctional Fitness alternates between exercises targeted for upper and lower body work. Focus areas include: range of motion, strengthening, flexibility, joint mobility, crossing midline, reaching, trunk rotation, posture, core strength, balance, and gait.

#### **Stroke Recovery**

Focuses on repetition to restore motor control to the upper and lower extremities.

#### OTHER PROGRAMS

Manual Dexterity/Speech & Voice PWR!Moves

Yoga

**Dance** 

**Nordic Pole Walking** 

**One-on-One Training** 

## exercise is medicine

### **GET INVOLVED**



803.265.1699

Call us today to schedule a FREE introductory consultation!