

EQUIP. CHALLENGE. EMPOWER.

# DAY ONE FITNESS

*Fight back!*

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

FIGHTING TO WIN



## 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!"

“

"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!!!"

WHO WE ARE

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
- Gait
- Posture
- Core Strength
- Agility
- Rapid Muscle Firing
- Improved Mental Focus
- Reduced Stress
- 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!