

# Accessible Workout Facilities



## Neuro Fitness Foundation

*Accessible workout gym and yoga in Euless.  
Need to fill out an application prior to attending.*

### Gym Hours

Weekdays 11a - 7p

Saturdays 10a - 2p

**Address:** 1361 West Euless Blvd #101, Euless, Tx 76040

**Phone:** 817-571-1323

<http://www.neurofitnessfoundation.org/>

## Adaptive Training Foundation

*Helps create sustainable lifestyle changes through fitness*

**Address:** 4125 Old Denton Road, Carrollton 75010

**Contact:** Hunter Clark: 972-859-9398

[hunter@adaptivetrainingfoundation.org](mailto:hunter@adaptivetrainingfoundation.org)

<http://adaptivetrainingfoundation.org/>

## REACT Neuro-Rehab

*REACT is a community-based adaptive fitness & recovery center. Certified trainers and therapists apply advances in neuroscience and strength training to improve their client's quality of life, increase independence, and provide an environment for max potential recovery*

**Address:** 15046 Beltway Drive, Addison TX 75001

**Phone:** 972-386-0701

**More Information:** [www.NeuroREACTION.org](http://www.NeuroREACTION.org)

## Physio Therapy Exercises

*Make personal exercise program according to level of injury, workout equipment and focus of strengthening.*

[www.physiotherapyexercises.com](http://www.physiotherapyexercises.com)

## RISE Adaptive Sports

*Provides inclusive adaptive recreational sports programs*

**Phone:** (469) 762-5075

<http://www.riseadaptivesports.org/wp/>

## Neuro State Of Mind

*Customized programs and training for individuals affected by traumatic brain injury (TBI), PTSD, stroke, anoxic brain injury*

**Address:** 2500 Dallas Pkwy Ste 111, Plano, TX 75093

**Phone:** 310-750-9487

**Personal Trainer:** Shawnee Harkins

Visit <https://www.bswrehab.com/patient-resources/support-groups/>

For additional resources.

