

BOLD MOVES Indy – Frequently Asked Questions

Whether you are just getting started or looking to maximize your experience our team is happy to help.

Where do I park when visiting NIFS?

Parking is available across the street from NIFS in the Riverwalk Parking Garage. Members of NIFS receive a parking hang tag that grants access to parking on the 3rd floor in NIFS designated spots. Visitor access for other opportunities such as the Free Community Support Group, Presentations, etc. is available by taking a pull ticket and parking on the 5th or 6th floor. Elevator access is available at the southeast corner of the parking garage. NIFS has some handicapped and limited mobility parking spaces directly in front of the building and main entrance.

Does NIFS have an elevator?

NIFS is a multi-level building. We do have elevator access to help you move between floors if needed.

What qualifications do your staff have?

When participating in our Parkinson's offerings, our degreed exercise physiologists have completed our Parkinson's certification and are equipped to assist you get started by establishing goals, customize a program that is right for you, lead group fitness classes, etc.

When are the support groups?

NIFS offers free community support groups at NIFS on the 1st and 3rd Tuesday of each month at 11:15a in room 204 which is located on the 2nd floor at NIFS. Please note if a holiday falls on the support group will only meet on the 3rd Monday. These are open to the community, and you do not have to be a member to attend.

How do I become a member and what are the fees?

If you are interested in becoming a member, click [here](#) to connect with Membership Services who can help get you started. Below are the membership fees, these are subject to change:

Individual Bold Moves Membership

\$95 Join Fee and \$44.50/month membership – no contract

Individual Bold Moves Plus Spouse/Caregiver Membership (same household)

\$160 Join Fee and \$89/month membership – no contract

Your membership gives you access to the group fitness classes, individualized assessment, exercise prescription, access to the Natatorium for pool access.

Additional Questions about the program? Click [here](#) to contact Alex.