MobiGym

Cognitive Assessment & Brain Training

Measure your cognitive performance.
Train with purpose. Track change over time.

CogniFit
Assessment + personalised digital training at home

Enhance VR
Supervised immersive training in the studio

Measure → Intervene → Re-measure

Longevity Fitness Studio - Luxembourg

55 Rue de Luxembourg, 8077 Helfent-Bertrange, Luxembourg

info@mobigym.lu | +352 621 504 592

www.mobigym.lu/cognitive-assessment-brain-training

COGNITIVE PERFORMANCE WITHIN HEALTHSPAN

Two ways to train. One clear framework.

Thinking, focusing, remembering and adapting matter alongside strength, fitness and mobility. MobiGym brings cognitive performance into a practical healthspan approach: understand your starting point, choose a training routine and review what changes.

01 Measure

With CogniFit, complete the CAB Full Assessment and discuss your cognitive profile with MobiGym. For Enhance VR, establish a game-by-game benchmark in supervised studio sessions.

02 Intervene

Use personalised CogniFit digital training at home, or supervised Enhance VR sessions in the studio. We help you choose a routine that fits your goals, schedule and preferred level of support.

03 Re-measure

Review training records and performance trends. Where a repeat CAB is included or separately booked, compare it with your baseline. Use the same assessment and similar conditions wherever possible.

Choose your format
CogniFit: a cognitive profile, flexible home training and tracking over time.
Enhance VR: immersive tasks, studio appointments and direct supervision.

What progress means

Scores describe performance on the tasks completed. Familiarity, sleep, fatigue and testing conditions can affect results. A higher score does not by itself prove a change in everyday functioning or disease risk. CogniFit and Enhance VR scores are reviewed separately.

ASSESSMENT + HOME TRAINING + TRACKING

CogniFit: your digital training pathway

Start with the CAB Full Assessment

The Cognitive Assessment Battery (CAB) uses digital tasks to build a profile across areas including attention, memory, reasoning, perception and coordination. MobiGym explains the results in a wellness context and helps identify training priorities.

Train at home

Your programme provides access to personalised CogniFit training. Exercises adapt to performance, allowing you to practise regularly using a compatible connected device. MobiGym helps you get started and agree a manageable routine.

Follow your progress

Training records and performance trends support progress discussions. The six-month programme also includes a final CAB reassessment, giving you a second formal measurement to compare with your starting point.

Cognitive Performance Assessment - €119
One CAB Full Assessment, MobiGym interpretation and guidance on next steps. Training access is not included.

3-Month CogniFit Cognitive Performance Programme - €279
One baseline CAB, three months of personalised digital training, setup guidance and an end-of-programme progress review. A repeat CAB is not included.

6-Month CogniFit Cognitive Performance Programme - €479
Baseline CAB, six months of personalised digital training, setup guidance, progress reviews and a final CAB reassessment with MobiGym interpretation.

Home training is delivered through CogniFit. MobiGym helps you interpret the information and plan your next steps.

SUPERVISED, STRUCTURED AND BENCHMARK FIRST

Enhance VR: immersive studio training

Enhance VR, developed by Virtuleap, uses immersive tasks to challenge cognitive skills. At MobiGym, a trainer guides the experience, monitors comfort and structures the sessions around your baseline and goals.

Benchmark before training

Our established onboarding covers all 15 games across four sessions of approximately 25 minutes. Each game is completed at its full benchmark duration before the shorter training phase begins.

Practise in focused blocks

After benchmarking, training rotates across attention, memory, information processing, flexibility, spatial orientation, problem-solving and motor control. Training blocks last approximately 25 minutes.

Enhance VR 4-Week Programme - €397
Four benchmark onboarding sessions, followed by four additional 25-minute training sessions, plus a final progress review and next-step recommendation.

The four-week training phase follows benchmark onboarding. Appointment timing is agreed with MobiGym.

A distinct option alongside CogniFit

Choose Enhance VR when you prefer an immersive experience with direct supervision. The package uses Enhance benchmarks and training records; it does not include a CogniFit CAB or home-training licence.

Comfort comes first

Tell your trainer about motion sensitivity or previous difficulties with VR. Stop a session if you feel dizzy, nauseous, visually uncomfortable, unusually fatigued or anxious. Do not push through discomfort.

CLEAR OPTIONS, PERSONALISED GUIDANCE

Choose your starting point

Assessment | €119

Understand your starting profile before deciding on training. Includes one CAB and MobiGym interpretation.

CogniFit, 3 months | €279

Build a home-training routine. Includes baseline CAB, three months of training and a progress review. No final CAB included.

CogniFit, 6 months | €479

Commit to a longer training period with formal reassessment. Includes baseline and final CAB, six months of training and progress reviews.

Enhance VR, 4-week training phase | €397

Choose supervised studio sessions. Includes four benchmark sessions before four training sessions and a final review.

Not sure which route fits?
Talk to MobiGym about your goals, available time and preference for home or studio training. You do not need to purchase both platforms to start.

Contact MobiGym

55 Rue de Luxembourg
8077 Helfent-Bertrange, Luxembourg

info@mobigym.lu | +352 621 504 592
www.mobigym.lu/cognitive-assessment-brain-training

QUESTIONS, BOUNDARIES AND FURTHER READING

What to expect

Is this a medical test or treatment?

No. MobiGym provides education, wellness and cognitive performance support. These programmes do not diagnose, screen for, treat or prevent disease, and do not replace assessment or care from a qualified health professional.

Will training prevent cognitive decline?

We do not make that promise. Training offers structured practice and performance feedback. Results vary, and improvement on trained tasks does not guarantee wider everyday benefits or protection against dementia.

How much time should I allow?

Allow approximately 30-40 minutes for the CAB, plus time for setup and discussion. Home-training frequency is agreed with MobiGym. Enhance benchmark and training appointments are approximately 25 minutes each, with extra time for setup or breaks as needed.

What if I have symptoms or a neurological condition?

If you have new or worsening concerns about memory or thinking, seek clinical advice rather than relying on a training score. Discuss participation with a qualified clinician if you have a neurological condition, seizure or epilepsy risk, severe dizziness or significant motion sensitivity.

Further reading

CogniFit: General Cognitive Assessment (CAB); assessment, adaptive training and progress reporting; non-medical-device statement.

Brugada-Ramentol V., Bozorgzadeh A., Jalali H. (2022). Enhance VR: A Multisensory Approach to Cognitive Training and Monitoring. Frontiers in Digital Health, 4:916052. doi:10.3389/fdgth.2022.916052. This platform description is not proof that the MobiGym programme prevents disease.

Programme information updated October 2026.