

October **NEUROFIT** News Happy Halloween!

Happy Birthday to YOU!!

Rosalind Jones 10/3

Bill Naumann 10/7

Jeff Parker 10/7

Carl Damewood 10/10

Lou Robinson 10/10

Bill Klaber 10/16

Steven Fulmer 10/18

Dennis Sorrell 10/21

Dave Berumen 10/23

Greg Edwards 10/24

Kevin Rhymer 10/26

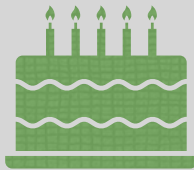
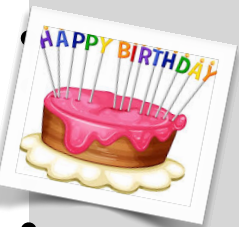
Marty Kubik 10/27

Marilyn Bowling 10/28

Mark Kinder 10/29

Jamie Blanton 10/30

Beth Griesinger 10/31



Would you like to help?

NeuroFit Gym is largely sustained by grants from private and community foundations. Part of the grant writing process is the ability to show objective data, which is why we have asked for your help with various surveys. Now, we would like to get a little more individualized information! This would involve a short testing session performed every 3 months with your therapist (if you have individual sessions) or with Colleen (if you attend classes). Testing would consist of assessments for balance, strength and transfers, and endurance and gait and would take approximately 20-30 minutes. Let us know if you are interested. All data collected is yours to keep but will be used confidentially in the grant writing process.

Class Alert!!

NeuroFit Gym will be closed the week of Thanksgiving: November 24-28th!

Please note starting October 1st, we will be suspending the 11:00 AM advanced strength class on Tuesdays.

We will be starting a neuropathy clinic on Tuesdays from 10:30 to 11:45 AM. This will be a clinic for 3 clients and will run for 4 weeks. Cost is \$300.00. See Amy or Erin for details.

Most classes will be 50 minutes in length to accommodate transition between classes and hopefully make maneuvering the parking lot a little easier.

September NeuroFit News winners are Denise Rieman and Doug Edwards! October word search is due October 31st. Don't miss out on your chance to win a surprise prize! Extra shout out and prize to Dave Berumen for turning in a word search he found from 2022!

Need Work Out Gear?!

NeuroFit Spirit Link!

<https://promotionsetc.commonsku.com/shop/d037786b-d6d0-4bb1-98ad-70c9c3eda73d>



Have you thought about trying our chair yoga class on Thursdays? Check out this article about how yoga benefits people with Parkinsons Disease!

<https://briangrant.org/how-gentle-yoga-work-wonders-for-parkinsons/>



The Scoop



Steady Strides!!

Thank you to all who donated and / or participated in the Steady Strides Walk! Together, NeuroFit Gym raised almost \$10,000 for Parkinson Support and Wellness. We had the most walkers on a team with 126 team members! Parkinson Support and Wellness grants the gym between \$12,000-18,000 every year, so we are grateful to you for supporting this very important organization! Overall, PSW raised \$132,000 from Steady Strides, and more donations continue. In 2025, PSW will give over \$150,000 in grants to service providers who help those living with PD.

Pardon Our Dust! Sophie, out OT student/Cog-Cardio instructor is doing her capstone project with NeuroFit! She is making an interactive ADL (Activity of Daily Living) wall. We are excited to watch this project become a reality. Everyone at the gym will be able to try and use the activities!



PD Support Groups

- * Wednesday evening Parkinson's support group meets the first Wednesday of the month, 6:30-7:45 PM. This support group is for gym and community members with Parkinson's and their care partners. Next meeting is November 5th.
- * The Parkinson's support group for NeuroFit Gym members and their care partners meets the 3rd Thursday of the month. Next meeting is October 16th; there will be a presentation about balance by Colleen.
- * If you are new to the gym and have questions about support groups, please ask Amy or Colleen, Denise Rieman, Ken Hintze, or Mary Schroder!

Save the Date!!

NeuroFit Christmas Party and Vendor Show.
Friday, December 12th 5:00 to 8:00 PM.
More details to come!



Save the Date!!

Friday Evening, January 23rd, several Badin students will be hosting a Casino/Game night for our members and their families!
Save the date, more info to come!

Register for the next Virtual PD EDU by clicking the link below.

October 18th, 11:00 AM - noon.

Dr. Bulica is a board certified Movement Disorders Specialist who practices at the Henry Ford Health System in Detroit, MI. She has a degree from Michigan State University College of Osteopathic Medicine, she did her Residency at Ascension Macomb-Oakland Hospital, and her Movement Disorders Fellowship took place at Henry Ford Hospital. The Movement Disorders Division at Henry Ford is at the forefront of clinical and scientific research. The group uses a multidisciplinary approach to patient care focus on providing individualized and comprehensive care to all of their patients. They utilize specialized therapeutics such as deep brain stimulation and botulinum toxin and are at the cutting edge of advancing therapeutics in the field.

<https://wl.donorperfect.net/weblink/weblink.aspx?name=E348692&id=116>



Parkinson's Caregivers Day

Nov 1, 2025

Time: 10:00am- 3:00pm

UC Gardner Neuroscience Institute at 3113 Bellview Ave, Cincinnati



**Free Event – Boxed Lunch
Provided**

Free Easy Parking at the Building

Gift Bag for all Participants

**Amazing Resources will be there!
Over 15 Organizations, Services and
Products on site!**

Featured Highlights

**Keynote Speaker: Dayna Ritchey, Program
Director, Alzheimer's Association**

**2 – Breakout sessions: Caregiver Mental
Health & Financial Planning**

**Live Caregiver Panel Discusses: Tackling
Relationship Strain**

Seating is Limited!

Reserve Your Spot Today!



Scan Here or

**[http://weblink.donorperfect.com/
Caregivers2025](http://weblink.donorperfect.com/Caregivers2025)**

Door Prizes!

Free Week Prepared Meals

Spa Day

Free Housecleaning

Respite Gift Certificate

Electric Lift Chair

Presenting Sponsor



Community Sponsor



Did You Know? October is National Physical Therapy Month! NeuroFit Gym has three physical therapists - Amy, Colleen, and Erin. Look for some special treats this month to help us celebrate!

Can you match the riddle to the answer?

What did the pinched nerve say to the patient?

A tensor fascia latte

What's a physical therapist's favorite coffee drink?

I told them it is going tibia ok

What's the physical therapist's favorite movie?

I kneed you

I had a patient come in complaining about lower leg pain

Empire Strides Back

What did the femur say to the patella?

Before PT, I was a pain in the neck.

**IF AT FIRST YOU
DON'T SUCCEED
TRY DOING WHAT YOUR
PHYSICAL
THERAPIST
TOLD YOU TO DO THE
FIRST TIME**

**RESTORE RANGE OF MOTION
DYNAMIC ADL HANDS ON POSTURE
FLEXIBILITY
PHYSICAL THERAPY
BIOMECHANICAL
KINESIOLOGY
REHABILITATION
CORE STABILIZATION
MOTOR CONTROL
BALANCE
ERGONOMICS
STRENGTH
EDUCATE
EMPOWER**

Effective October 1, 2025

NeuroFit Gym Neuro Class Schedule							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00 AM					Web: www.theneurofitgym.com		
9:30 AM	Advanced PD Boxing				Email: info@theneurofitgym.com		
10:00 AM	9:30-10:20				Address: 4155 Tonya Trail, Hamilton, OH 45011		
10:30 AM	Jabber Gym for PD	Neuropathy Clinic		Biking for Brain (sign up)			
11:00 AM	10:30-11:20	10:45-11:45	Cog-Cardio	10:30-11:20	NeuroBox		Indicates class is open to neuro clients and community members
11:30 AM		Cardio Row (sign up) 11:30-12:00	11:00-11:50	Cardio Row (sign up) 11:30-12:00	11:00-11:50		
12:00 PM	NFB for PD	Strength 12:00-12:30	NFB for PD	Strength 12:00-12:30	NFB for PD		
12:30 PM	12:00-12:50	Balance 12:30-1:00	12:00-12:50	Chair Yoga 12:30-1:00	12:00-12:50		
1:00 PM						For Neuro classes: please call for an assessment prior to attending a class: Amy (513-543-3188) Colleen (513-207-0104) \$30.00 assessment fee may apply We will talk or meet with you to discuss your needs and goals, so that we know how to best help you and your care partner	
1:15 PM	DTD for PD		DTD for PD				
1:30 PM	1:15-2:10		1:15-2:10				
2:00 PM							
2:30 PM						Facebook: @theneurofitgym Instagram: @theneurofitgym	
3:00 PM							
3:30 PM							
4:00 PM						Class Prices:	Individual Sessions:
4:30 PM						30 minute class \$5	\$35.00 / hour
5:00 PM						60 minute class \$10	5 sessions for \$175.00
5:15 PM	Neuro Strength Advanced		Neuro Bootcamp	Neuro Advanced HIIT		90 minute class \$15	10 sessions for \$300.00
5:30 PM	5:15-6:15 PM	BOYO	5:15 - 6:15 PM	5:15 - 6:15 PM		Neuropathy Clinic	Minimum of 5 sessions must be purchased to begin individual therapy. Cancellation policy may apply.
6:00 PM		5:30-6:40 PM				4 to 6 participants 4 week sessions	
6:30 PM						Cost \$300.00	

Advanced PD Boxing Warm up followed by 8 rounds of higher intensity boxing. Please see Amy or Colleen if you are interested in this class.

Jabber Gym Class focuses on improving & maintaining speech, voice projection, communication, and swallowing skills. Please bring a bottle of water with you!

NFB: NeuroFit Boxing for PD Consists of group non-contact boxing designed specifically for people with Parkinson's Disease. Each class focuses on increasing strength, endurance, balance, fine motor skills, and power.

DTD: Delay the Disease for PD A fitness program designed to empower people with PD to take control of the disease with daily exercise. Exercises are tailored to each individual and every class includes strengthening, cardio, and brain work.

Cardio Row A 30 minute cardio workout targeting arms, legs, core, and back for a full body workout. Rowing is a low-impact exercise and will help to improve your endurance and strengthen your postural muscles. NOTE: sign up is necessary for this class

Strength / Balance Strengthening exercises to target the major muscle groups for overall improved endurance and posture. This class utilizes weights and bands and emphasizes proper form and safety. Exercises and balance activities are modified for all levels.

BOYO Open to community and gym members who are looking for an advanced workout. Class consists of 8 rounds of boxing followed by 30ish minutes of yoga. The perfect combination!

Cog-Cardio This class is for individuals with dementia, memory issues, or any neurological disorder. Short bursts of cardiovascular exercises are combined with cognitive exercises such as matching, sequencing, following directions, memory recall, and more.

Neuro Strength Advanced / Neuro Bootcamp / Neuro Advanced HIIT Classes consist of exercises with weights and kettle bells targeting the major muscle groups, followed by stretching to improve flexibility and range of motion. Bootcamp includes 30 minutes (8 rounds) of higher intensity boxing. Participants must be independent with sit to stand, walking, and floor transfers

Chair Yoga A gentle yoga class performed seated in a chair and with the use of a chair for balance during standing postures. Yoga allows for gentle stretching which improves range of motion and flexibility. This class also focuses on breathing techniques, meditation, and mindfulness.

Biking for Brain Think Peleton! This class is open to any neuro diagnosis. Cardio on upright bikes, recumbent bikes, or NuSteps of varying intensities are combined with upper and lower body strengthening exercises

NeuroBoxing Open to any neuro diagnosis. Class consists of cardio warm up on machines followed by 8 rounds of non-contact boxing. Class ends with gentle stretching and cool-down.

Name: _____

Fall Prevention Word Search

find each of 17 words or combinations horizontally, vertically, or diagonally and circle

Word Bank: BALANCE, EXERCISE, STABILITY, POSTURE, STRENGTH, CAUTION, WALKER, CANE, SLOWDOWN, GRAB BAR, FALL RISK, STEADY, AWARENESS, SUPPORT, SAFE, GUARDRAIL, VIGILANT

Puzzle Grid

B	O	C	U	S	C	Z	R	J	Y	B	S	J	U	M
Q	N	A	E	X	E	R	C	I	S	E	L	S	M	J
H	F	U	S	C	L	G	X	A	J	E	O	F	G	L
T	H	T	V	T	J	W	H	Z	T	G	W	L	U	V
K	P	I	Q	I	R	E	C	A	N	E	D	W	A	S
F	G	O	I	N	G	E	K	G	P	M	O	A	R	U
B	U	N	A	F	S	I	N	W	J	C	W	L	D	P
Y	I	T	U	A	B	T	L	G	D	C	N	K	R	P
B	A	L	A	N	C	E	A	A	T	C	S	E	A	O
S	P	O	S	T	U	R	E	B	N	H	A	R	I	R
C	K	B	N	O	B	U	L	F	I	T	F	Q	L	T
G	R	A	B	B	A	R	V	K	F	L	E	X	B	K
S	T	E	A	D	Y	D	N	H	K	I	I	D	X	J
M	I	E	A	W	A	R	E	N	E	S	S	T	A	J
U	G	F	M	N	F	A	L	L	R	I	S	K	Y	S

Thank you to Denise Rieman for making this month's word search!