

August 25, 2023

Happy Labor Day!

NeuroFit News

!! Please see our newly revised class schedule at the end of this newsletter! Note Cardio Row begins Tuesday, September 5th. Since we only have 6 rowers, class will be limited in size. Please sign up in the gym! Stay for strength and balance on Tuesday or strength advanced and chair yoga on Thursday. Unsure if one of these classes is right for you? Just ask Amy or Colleen!

Attention!

Did someone say... It's Labor Day already!?
The gym will be closed on Friday, September 1st and Monday, September 4th for Labor Day Weekend. Enjoy your families and friends.

Class Alerts!!

*No evening Bootcamp Wednesday, September 6th. Amy and Colleen will be attending a Hamilton Chamber Event.
*No Chair Yoga September 14th.

Congratulations to Cindy Wallace and Bonnie Jackson who won the surprise prize from NeuroFit News! If you complete the word game in this newsletter, your name will be entered into a drawing for a surprise prize!! Bring the completed word search to Amy or Colleen to get your name in the drawing! Due date is September 29th.

Happy August / September Birthdays!

Greg Jackson 8/4
Jennifer Riley 8/6
Adam Shidler 8/12
Tom Fening 8/16
Neal Miller 8/16
Donn Stamp 8/16
Krystal Boyle 8/19
Larry Lewis 8/26
Gail Milillo 8/27
Pat Pollock 8/29
Valeria Augusterfer 8/29
George Hain 8/31
Dr. Godby

Pete Middendorf 9/2
Dean Langevin 9/5
Mimi Schleitweiler 9/10
Deanna Mays 9/10
Barb Pratt 9/14
Barbie Perkins 9/20
Donna Condrac 9/17
Gary Lindbloom 9/27

If we have missed anyone,
please let us know!



Steady Strides is right around the corner! So far, we have about 30 walkers signed up for the NeuroFit Team! Early registration ends Thursday, August 31 at 11:59 PM for the 15th annual Steady Strides 5K walk/race! Register today for \$35! After 8/31, registration will be \$40! Click the link to join our team! Bring your family and friends and show your support for PSW and those living with PD.

We will have a team shirt! There will be a sign up at the gym for shirt sizes for those who have registered and/or donated. Please give us your size!

STEADY STRIDES 2023

Saturday, September 30th, 2023.

Corwin-Nixon Park, Mason-Montgomery Rd. Gates 8:00 AM / Race 10:00 AM

We have a team for the gym!

To register for the gym team or to make a donation to Steady Strides, please use this link!

<http://getmeregistered.com/homepage.php?id=134261>

Parkinson Support and Wellness in Cincinnati is very generous to NeuroFit by giving us grants every year!

Let's show them our support by having a great team!



Need NeuroFit Gym Swag? Visit this link!

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

PD support groups:

Monday, September 18th 6:30 to 7:45 PM. Open to gym members, care partners, and community members with Parkinson's Disease.

Thursday, September 28th 5:00 to 8:00 PM. Gym member support group picnic is September 28th at Otterbein Pavilion, 5:00-8:00PM. Check with Mary Schroder or Pat Hintze for sign ups! Note: This is the 4th Thursday of the month (not the 3rd) and will replace the regular monthly meeting.

Questions? See Amy or Colleen



THE SCOOP

Note: This seminar will take the place of our regularly scheduled Cog-Cardio Class for the dates noted.

Please let us know if you would like to attend!

PATH
NEUROPSYCHOLOGY

NEUROFIT
GYM

Cognitive and Behavioral Wellness with PATH Neuropsychology



Wednesdays this Fall:

September 13

October 11

November 8

10:30 to 11:45 AM

We are pleased to announce Drs. Audrey Greene and Shawna Jacob, board-certified clinical neuropsychologists, will be offering a wellness program at NeuroFit Gym. Dr. Greene and Dr. Jacob specialize in evaluation and treatment of cognitive and behavioral concerns related to aging, dementia, medical conditions, ADHD, brain injury, and more. They will be offering this complimentary 3-part series at the gym. Please let us know if you would like to attend!



Save the Date!



NeuroFit Craft Fair Sunday, October 22nd, 12:00-4:00 PM at the gym. More details to come!

NeuroFit Grandparents Breakfast (organized by our Badin senior volunteers) Tentative date is January 20th. Details to come!

Arts & Crafts

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

sewing machine
 blanket
 cross stitch
 embroider
 highlight
 metal
 patterns
 resin
 tape
 wire

abstract
 bracelet
 design
 eraser
 inspiration
 necklace
 pen
 ribbon
 tattoo
 varn

Acrylic
 calligraphy
 doodle
 facebook
 lacquer
 needle
 pencil
 rings
 template

aida
 canvas
 draw
 glass
 leather
 origami
 Photography
 sketch
 thread

art deco
 charm
 earrings
 glitter
 mandala
 paint
 pompom
 stencil
 water

beads
 crayon
 emboss
 Glue
 markers
 paracord
 quilt
 string
 watercolor

NeuroFit Gym Neuro Class Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00 AM	Web: www.theneurofitgym.com						
9:30 AM	Email: info@theneurofitgym.com						
10:00 AM	Address: 4155 Tonya Trail, Hamilton, OH 45011						
10:30 AM							
11:00 AM			Cog-Cardio		NeuroBox		
11:30 AM		Cardio Row (sign up)	11:00-12:00	Cardio Row (sign up)	11:00-12:00		
12:00 PM	NFB for PD	Strength and Balance	NFB for PD	Strength Advanced 12:00-12:30	NFB for PD		Indicates class is open to neuro clients and community members
12:30 PM	12:00-1:00	12:00-1:00	12:00-1:00	Chair Yoga 12:30-1:00	12:00-1:00		
1:00 PM							
1:15 PM	DTD for PD		DTD for PD				For Neuro classes: please call for an assessment prior to attending a class: Amy (513-543-3188) Colleen (513-207-0104) <i>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</i>
1:30 PM	1:15-2:15		1:15-2:15				
2:00 PM							
2:15 PM							
2:30 PM							
3:00 PM							
3:30 PM							<i>Facebook:</i> @theneurofitgym
4:00 PM							<i>Instagram:</i> @theneurofitgym
4:30 PM							
5:00 PM							
5:15 PM			Neuro Bootcamp Advanced	Neuro Strength Advanced		Class Prices:	Individual Sessions:
5:30 PM			5:15-6:15	5:15 - 6:15		30 minute class \$5	\$35.00 / hour
6:00 PM		BOYO				60 minute class \$10	10 sessions for \$300.00
6:15 PM		6:00-7:15				90 minute class \$15	
6:30 PM		\$10.00					
7:00 PM							

- 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 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. NOTE: sign up is necessary for this class
- Strength and 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.
- Neuro 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 Bootcamp & Strength (Advanced): 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
- Strength Advanced 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. 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 during the asanas, which improves range of motion and flexibility. This class also focuses on breathing techniques, meditation, and mindfulness to calm the nervous system.
- 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.
- 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!