

September **NEUROFIT** News

Happy Birthday to YOU!!

Alexandra Mysonhimer 9/2

Jennifer Mason 9/6

Ed Opbrock 9/6

Helen Lewe 9/7

Sonny Lodder 9/10

Mimi Schleitweiler 9/10

Rene Gregg 9/11

Barb Pratt 9/14

Lloyd Sturtevant 9/15

Mary Perkins 9/16

Mike Bernhardt 9/18

Barbie Perkins 9/20

Tracy Arnold 9/20

Marilou Volkman 9/24

Please let us know if we missed anyone!



Class Alert!!

Revised class schedule attached.

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 10:45 to 11:45 AM. This will be a clinic for 4 to 6 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.

We know parking is tight. We appreciate everyone paying careful attention when pulling in and backing out of the lot!

On Monday, September 29th at 3:00 PM, NeuroFit will be hosting a boxing class for the Scholar Leader Academy students from Badin. The class will be followed by a presentation and discussion entitled Compassion In Action, Philanthropy, Non-Profits, and NeuroFit. Anyone is welcome to attend to box with the students and engage in some meaningful discussion! Questions? Ask Colleen

July prizes are coming soon!

August NeuroFit News winners are Larry Lewis and Sue Koenig!

September word search is due September 30th. Don't miss out on your chance to win a surprise prize!



Paddles with a Purpose!

Limited-Edition Parkinson's Foundation Paddles



Selkirk is committed to supporting the mission of the Parkinson's Foundation — to improve care and advance research toward a cure. These special versions of the AMPED Pro Air and EVO Control paddles will help make a difference. 12% of sales from these co-branded paddles (representing the 1.2 million people in the U.S. with Parkinson's by 2030) will go to the Parkinson's Foundation.

<https://www.selkirk.com/pages/selkirk-x-pf>

The Scoop



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 September 3rd.
- * The Parkinson's support group for NeuroFit Gym members and their care partners meets the 3rd Thursday of the month. Next meeting is September 18th.
- * 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!

Steady Strides!!

Parkinson Support and Wellness helps NeuroFit every year with grant money to help maintain and grow our program. To support them, NeuroFit has a team for the race! Please join our team and bring your family members, friends, and neighbors. For the past several years, NeuroFit has had the largest team and we would like to continue this tradition!

Date: Saturday, September 27th

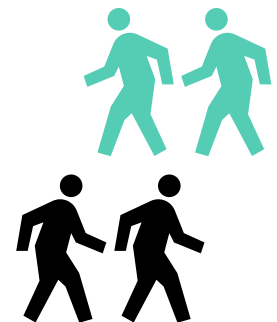
Place: Corwin Nixon Park, Mason, OH

Cost \$45.00 per person



Visit this link to join our team!

<https://runsignup.com/neurofit>



Note about Steady Strides: This is a 5K Run/Walk Fundraiser for PSW. You can run or walk, and there is also a short loop of about 1 mile. NeuroFit will have a table with some chairs, so if you would rather just sit and relax, you can do that too! Monies donated to the NeuroFit Team count toward our fundraising goal, but the donations support Parkinson Support and Wellness, who in return support us! If you register as a walker/runner, you will get a Steady Strides T-shirt and also a NeuroFit Team T-shirt. We will have the Team T-shirts prior to the race for you to wear. We will get all packets and have them for you at the race. Questions? Just ask Amy or Colleen!

Interested in Parkinson's Education? Visit this link to learn more!

<https://parkinsoncincinnati.org/educational-events>



NEED A HEALTH STRATEGIST?

Free Health Strategy and Support for NeuroFit Gym Participants Living with Parkinson's Disease

Denise Rieman, RN, BSN, is excited to announce she will be donating her time at NeuroFit to help gym participants set personalized goals. She is offering support to help you reach your health and wellness objectives. So often we need guidance and encouragement to take control of our wellbeing and to develop healthy habits. Denise is well qualified for this service as she is a nurse, has expertise in health coaching, and is living well with Parkinson's Disease for the last 10 years. The only requirement(s) is that you must be a current member of NeuroFit, and your need is related to Parkinson's (or the disease state that brought you to NeuroFit). If unsure, stop by and ask. No need is too small, no goal too lofty. Let's work together to make your goals achievable - one step at a time! She will be available at NeuroFit Gym the following days and times for individual walk-ins:

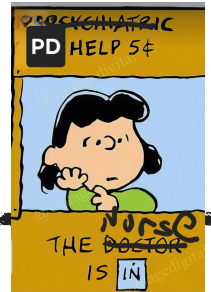
Mondays 1:00-1:45 PM and Thursdays 9:45-10:30 AM

If you are time limited, please contact Denise to schedule a time to meet.

mobile: 513-315-7857 email: 1rieman.da@gmail.com

You are invited to take this confidential survey regarding the management of your Parkinson's Disease so that we are better able to help you!

<https://docs.google.com/forms/d/e/1FAIpQLSfbsWvFzxWuk2C5f9KxmbptPL9SJwGJpM84QJP1jnp0VLFYow/viewform?usp=sharing&ouid=102267782520269965188>





Oktoberfest

SATURDAY, SEPTEMBER 6, 2025 12PM-11PM

LIVE MUSIC with the Bergstrasse Boys 5PM-8PM

Oktoberfest & German Style Beers

- Oktoberfest Food Specials
- Stein Holding Competition
- Beerionette Challenge

Our very own Bill Klaber and his band will be playing at Third Eye Brewing on Saturday, September 6th from 5:00 to 8:00 PM. The food and beer are good but the music and company are great!

We are unable to reserve a table, but would love to have a crowd from NeuroFit! Bring a chair if you would like! Hope to see you there!

Third Eye Brewing
850 S Erie Blvd, Hamilton 45011

There will also be an opportunity to see Bill's band on September 26th at Riverside Athletic Club! Container bar and food available.

1150 Pyramid Hill Blvd, Hamilton 45013
7:00 to 10:00 PM



Steve and Lori Wegman and Bill Klaber sporting their German outfits!

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

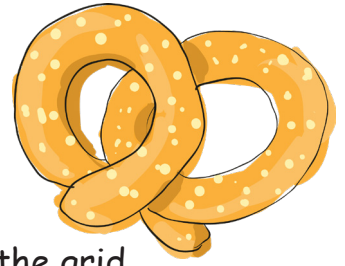
NeuroBoxing Open to any neuro diagnosis. Class consists of cardio warm up on machines followed by 8 rounds of non-contact boxing. Class ends with gentle stretching and cool-down.

Name: _____



Oktoberfest

Word Search



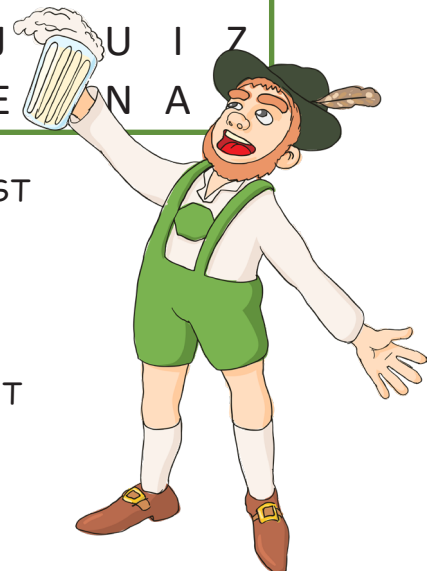
DIRECTIONS: Find and circle the vocabulary words in the grid.
Look for them in all directions including backwards and diagonally.



ACCORDION
AUTUMN
BAVARIA
BEER
BIERGARTEN
BRASS BAND
BRATWURST
CAROUSEL

COSTUME
DANCING
DIRNDL
DUMPLINGS
GERMANY
KEG
LEDERHOSEN
MUNICH

OKTOBERFEST
POLKA
PRETZELS
RADISH
SAUERKRAUT
SINGING
TANKER
TENT



OKTOBERFEST

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

Find all the words from the word list (ignore spaces and dashes, if any):

ACCORDION	GERMANY
BAVARIA	LEDERHOSEN
BEER	MUNICH
DIRNDL	PRETZEL
FOLK FESTIVAL	SAUSAGE
FUN	THERESIENWIESE
	WAITRESS



Name: _____

This is zigzag word search puzzle. Words go left, right, up, down, not diagonally, and can bend at a right angle. There are no unused letters in the grid, every letter is used only once.

*

Grid size:
10 x 10 squares,
10 x 10 letters,
90 x 90 mm.

Square size:
9 x 9 mm.



Name: _____

Oktoberfest Word Scramble

Instructions: Unscramble the letters to find the Oktoberfest words from the list below.

ENHREDSOLE Type to enter text
NENAETRMNTET
RECOBTO
ARDAPE
RSEAHVT
RLTEZPE
LCRIONAL
ROHR FO YTELPN
MNGAER
AKLOP
OMPAOH
ARVNABAI
YAMLEOP
KENOL HNAS
DLRNID
SUIMC



Word List

Bavarian Carillon Dirndl Entertainment German Harvest
Horn of Plenty Lederhosen Maypole Music October Onkel Hans
Oompah Parade Polka Pretzel