

MAY NEUROFIT NEWS



Happy Memorial Day to our Veterans! Thank you for your service!

Congratulations to Nadine Rumpke and Ted Lockard for winning the surprise prize from the April NeuroFit News! If you complete the word games 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 5/30/25.

Class Alert!!

- *Thursday, May 14th: No Chair Yoga. We will have strength class as normal 12-12:30.
- *Wednesday, May 20th: No Advanced boxing or Uber Jabber.
- *Gym closed Friday May 22nd and Monday May 25th for Memorial Day Weekend!
- *No BOYO Tuesday May 26th.

May is SLP Month!

What is a Speech Language Pathologist? A speech-language pathologist (SLP), also known as a speech therapist, is a health professional who evaluates, diagnoses, and treats communication and swallowing disorders in people of all ages. They work with individuals who have difficulties with speech production, language understanding and expression, voice quality, fluency, and swallowing. We are so blessed to have Drew Gerwin for our SLP! Be sure to wish her a happy SLP Month!

Thankful for our May Birthdays!!

Todd Butt 5/1
Ted Lockard 5/5
Connie Osborn 5/8
Jeff Harvey 5/10
Claudia Newhart 5/11
Harry Crocker 5/12
Denise Rieman 5/12
Michael Sieve 5/19
Dennis Abrams 5/20
Deborah Estabrook 5/21
Jim Nelson 5/23
Anne Phipps 5/24
Michael Kovach 5/27
Ryenne Raleigh 5/29
Karen Campbell 5/29



Lost and Found!

We have some very nice jackets hanging on the wall by the coat rack. Please check them out to see if they may belong to you!

We appreciate your understanding as some of the strength and balance/yoga classes may be modified over the next few months while Annie is on maternity leave. Jesse will be taking a paternity leave May 14th to June 1st as he welcomes their daughter into their family! Our first priority is keeping everyone safe and providing quality programming too.

In Memory Of:

Janice Broerman

<https://www.charlesyoungfuneralhome.com/obituaries/Janice-I-Broermann?obId=48193358>

Kurt Abramson

<https://www.maioranofuneralhome.com/obituary/kurt-abramson>

Sara Penhale

<https://www.paulyoungfuneralhome.com/obituary/Sara-Penhale>

Please keep their families in your prayers. We will miss the dearly.

NeuroFit Gym has a Memorial Wall in the large gym area. If you have not seen it, or didn't know the significance of the photos, please take a moment to pause and remember our dear friends who have passed. ❤️



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.
- * Parkinson's support group for NeuroFit Gym members and their care partners meets the 3rd Thursday of the month, 6:30-8:00PM.

NeuroFit Caring Closet

NeuroFit has been graciously given several wheelchairs, walkers, U-Step walkers, commode chairs, shower benches, and other adaptive equipment. If you or someone you know needs a piece of equipment, please let us know. We are happy to pass along what others have donated to us. At this time, we have so many donations we are running out of space to store them. If you know of an organization who could use the equipment, let us know!

Check out the following article about a banking scam! Stay alert and NEVER send anyone your money!

<https://www.foxbusiness.com/economy/officials-warn-banking-spoof-callers-draining-customers-accounts>

Need Work Out Gear?!

NeuroFit Spirit Link!

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

DIRECTIONS:
Find and circle the
baseball stadium
names in the grid.
Look for them in all
directions including
backwards and
diagonally.

Baseball Parks

Word Search



- ANGEL
- AT AND T
- BUSCH
- CHASE
- CITI
- CITIZENS
- COMERICA
- COORS
- DODGER
- FENWAY
- GLOBE LIFE
- GREAT AMERICAN



- KAUFFMAN
- MARLINS
- MILLER
- MINUTE MAID
- NATIONALS
- OAKLAND
- ORIOLE
- PETCO
- PNC
- PROGRESSIVE
- ROGERS
- SAFECO
- TARGET
- TROPICANA
- TURNER
- U.S. CELLULAR
- WRIGLEY
- YANKEE

NeuroFit Gym Neuro Class Schedule

							Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00 AM													Web: www.theneurofitgym.com
9:15 AM			Advanced PD Boxing										
9:30 AM	Advanced PD Boxing			9:15-10:00									Email: info@theneurofitgym.com
10:00 AM	9:30-10:15												Address: 4155 Tonya Trail, Hamilton, OH 45011
10:15 AM			Uber Jabber!										
10:30 AM	Jabber Gym for PD	Specialty Clinic	10:15-11:00	Biking for Brain (sign up)									
11:00 AM	10:30-11:20	10:45 - 12:00	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	Strong and Steady	NFB for PD	Stronger Together 12:00-12:30	NFB for PD								
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) \$35.00 assessment fee may apply <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	1:15-2:10		1:15-2:10										
2:00 PM													
2:30 PM													
3:00 PM													Facebook: @theneurofitgym
3:30 PM													Instagram: @theneurofitgym
4:00 PM													Class Prices:
4:30 PM													Individual Sessions:
5:00 PM													30 minute class \$5 \$45.00 / hour
5:15 PM			Neuro Bootcamp	Neuro Advanced HIIT									60 minute class \$10 5 sessions for \$210.00
5:30 PM		BOYO	5:15 - 6:15 PM	*5:15 - 6:15 PM On Hold*	Specialty Clinic	Neuropathy Clinic (currently on hold)							90 minute class \$15 10 sessions for \$400.00
6:00 PM		5:30-6:40 PM			4 participants 4 week sessions	3 to 4 participants 6 week sessions							Minimum of 5 sessions must be purchased to begin individual therapy. Cancellation policy may apply.
6:30 PM					Cost \$100.00	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

- Strong and Steady** Strengthening exercises to target the major muscle groups for overall improved endurance, balance, 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 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 gentle warm up followed by 8 rounds of non-contact boxing. Class ends with gentle stretching.

- Specialty Clinics** Clinics consist of one specific focus for the entire 4 week clinic. Topics include neuropathy, gait, shoulder care, back care.

- Uber Jabber!** Jabber Gym with a higher intensity and more challenging cognitive load. *Must receive approval for participation by Drew or Amy.