

NEUROFIT NEWS

April 2026 News! Happy Easter!

Congratulations to Kurt A., Mary S., and Andy Schuster for winning the surprise prize from the March 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 4/30/25.

Class Alert!!

Friday, April 3rd: Closed for Good Friday.
Enjoy your Easter weekend!

Thursday Evening classes are currently on hold!

Two new classes are being added to our weekly schedule:

Advanced boxing: Wednesday 9:15 to 10:00

Uber Jabber: Wednesday 10:15 to 11:00

The advanced boxing will be fast paced and similar to the Monday advanced class.

Uber Jabber will be more intense with a higher cognitive load and longer reading passages, among other challenges.

Participation in this class requires approval by Drew or Amy.

Happy April Birthdays!!

Fred Larimer 4/1
Sandie Griffin 4/2
Steven Dykes 4/2
Dennis Betts 4/2
Karen Keenan 4/4
Janice Broerman 4/6
Danny Carpenter 4/11
Thomas Chmiel 4/12
Rich Conaway 4/12
Ken Hintze 4/16
Jim Watt 4/16
Terry Moran 4/17
Earl Borgemenke 4/21
Glenda Fields 4/22
Drew Gerwin 4/23



Need Work Out Gear?!

NeuroFit Spirit Link!

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

New Items and Designs coming soon!

We appreciate your understanding as some of the strength and balance classes may be modified over the next few months while Annie is on maternity leave. Jesse will be taking a brief paternity leave in May as he welcomes a new little one into their family! Our first priority is keeping everyone safe and providing quality programming too!

Here's The Scoop

Welcome Josie Marie Jones to the NeuroFit Family! Josie Marie was born on 3/25/26 weighing 6 pounds, 7 oz! All are well! Congratulations to Annie and Brandon and big brother Charlie!



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 to 8:00 PM.**

Specialty Clinics!

Starting Tuesday, April 7th we will be trialing 4-week clinics. They will be held on Tuesdays 10:45-12:00. The cost is \$100 for 4 weeks. These are small groups with 2 PTs. The first clinic is our gait (walking) clinic. The gait clinic will include 15 min of cardio, followed by walking on the treadmill, balance, and walking activities for 1 hour. This clinic is for anyone with difficulty walking, which may include shuffle gait, loss of balance, difficulty turning, difficulty in crowds, increased falling, etc... The payment can be made on the first clinic day and all 4 weeks should be committed to for your optimal benefits. **All the spots for the first gait clinic are full!** There are many who want to participate, so we will keep a list of those interested. Thank you!
Stayed tuned for back clinic and shoulder clinic in May and June respectively.

Interesting article about the pesticide Syngesta and PD!

https://www.theguardian.com/environment/2026/mar/03/syngesta-pesticide-parkinsons?CMP=share_btn_url

NeuroFit Gym Neuro Class Schedule

							Mon	Tue	Wed	Thu	Fri	Sat	Sun
							Web: www.theneurofitgym.com						
							Email: info@theneurofitgym.com						
							Address: 4155 Tonya Trail, Hamilton, OH 45011						
9:00 AM													
9:15 AM			Advanced PD Boxing										
9:30 AM	Advanced PD Boxing		9:15-10:00										
10:00 AM	9:30-10:20												
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	Strength Class 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										
1:30 PM	1:15-2:10		1:15-2:10										
2:00 PM													
2:30 PM													
3:00 PM													
3:30 PM													
4:00 PM													
4:30 PM													
5:00 PM													
5:15 PM			Neuro Bootcamp	Neuro Advanced HIIT									
5:30 PM		BOYO	5:15 - 6:15 PM	*5:15 - 6:15 PM On Hold*	Specialty Clinic	Neuropathy Clinic (currently on hold)							
6:00 PM		5:30-6:40 PM			4 participants 4 week sessions	3 to 4 participants 6 week sessions							
6:30 PM					Cost \$100.00	Cost \$300.00							
											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 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		
											Facebook: @theneurofitgym Instagram: @theneurofitgym		
											Class Prices:	Individual Sessions:	
											30 minute class \$5	\$45.00 / hour	
											60 minute class \$10	5 sessions for \$210.00	
											90 minute class \$15	10 sessions for \$400.00	
											Minimum of 5 sessions must be purchased to begin individual therapy. Cancellation policy may apply.		

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.



HARVEY CHYETTE 2026 SPRING EDUCATIONAL FORUM

**Navigating the Parkinson Journey with
Purpose, Courage, and Compassion**

April 25, 2026

Doors Open at 8:00am

Program 9:00am-2:30pm

Manor House

7440 Montgomery Rd, Mason, Oh

Register by 4/15 to guarantee lunch!



**Scan QR with your phone - or
register at**

www.parkinsoncincinnati.org





History by the Decade:

1950's

Word Search



AFL-CIO MERGER
 BABY BOOM
 BROWN V. BOARD
 BUS BOYCOTT
 COLD WAR
 EISENHOWER

ELVIS PRESLEY
 FIDEL CASTRO
 GENEVA SUMMIT
 I LOVE LUCY
 KOREAN WAR
 LEGOS

MARILYN MONROE
 McCARTHY
 MISSILE SCARE
 POLIO VACCINE
 QUEEN ELIZABETH
 ROCK AND ROLL

ROSA PARKS
 SPUTNIK
 SUBURBIA
 SUEZ CRISIS
 TELEVISION
 WARSAW PACT