

January Happy New Year!!

# NeuroFit News



**Congratulations to Steve Wegman and Dennis Betts for winning the surprise prize from the December 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 January 31st!**

**Thankful for our January Birthdays!**

**Steve Doughman 1/6**

**Mike Mucenski 1/7**

**Chris Martin 1/10**

**Milt Koger 1/12**

**Bradley Arling 1/17**

**Sharon Katterheinrich 1/29**

**Sally Drabenstott 1/31**



**And Happy Birthday to Erin Hall, one of our PTs at NeuroFit! Please wish her a HAPPY #40!!**



**Need NeuroFit Gym Swag?  
Visit this link!**

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



## PD Support Groups

**\*Community and gym PD support group meeting Monday, January 15th, 6:30 PM.**

**\*NeuroFit gym member support group meeting January 18th, 6:30 to 8:00 PM!**

**Both meetings are held at NeuroFit Gym**

## COFFEE CREW

Interested in current topics, socialization, sports, just having a conversation? Do you like coffee... or maybe coffee cake or donuts?? NeuroFit would like to start a Coffee Crew once a month where anyone is welcome to gather at the gym to converse and discuss, well, just about anything! Stay tuned as this is in the works. Suggestions? Let us know!

# THE SCOOP



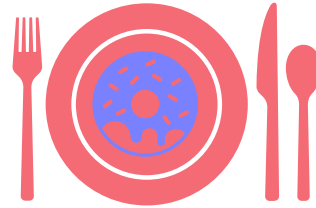
Once again, we are fortunate to have a group of Badin seniors who are completing their senior service project with NeuroFit! Sam, Zach, Jed, and Jacob are planning a Grandparent Breakfast for our members. Blessed with nieces, nephews, and friends instead of grandkids? Bring them! Everyone is welcome. If you would like to contribute to their GoFundMe to raise money for this event, follow this link. Thank you for your support!

[https://www.gofundme.com/f/grandparent-breakfast-at-neurofit-gym?utm\\_source=customer&utm\\_medium=copy\\_link&utm\\_campaign=p\\_cf%20share-flow-1&fbclid=IwAR3ugvMOB21CigXRPPW9QDaKhNk1pf03DQFN5R1Zlpr-dEMJQtJdSwSXVbY](https://www.gofundme.com/f/grandparent-breakfast-at-neurofit-gym?utm_source=customer&utm_medium=copy_link&utm_campaign=p_cf%20share-flow-1&fbclid=IwAR3ugvMOB21CigXRPPW9QDaKhNk1pf03DQFN5R1Zlpr-dEMJQtJdSwSXVbY)

Saturday, February 10th @ 10:30 AM

Please sign up:

1. text or call Colleen 513-207-0104
2. sign up on the RSVP sheet at the gym
3. use the RSVP below



## RSVP Grandparent / Family Breakfast

Names of those attending:

Number of people total:

As we begin 2024, we are looking for ways to make the gym better. Do you have ideas for a class or an educational presentation? Would you like additional boxing classes or other classes added on different days or times? Please let us know by dropping this in the wire basket on top of the filing cabinet!

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## PD Education Night with Maureen Gartner, NP

Maureen Gartner, MSN, NP-C, is a certified nurse practitioner specializing in movement disorders and DBS programming at the UC Gardner Neuroscience Institute (UCGNI). She has been a nurse coordinator with UCGNI, one of four institutes within the University of Cincinnati and UC Health, for over 10 years. Prior to her career with UC Health she was a nurse coordinator at Cincinnati Children's Hospital Medical Center, a neurosurgical nurse clinician with the Mayfield Clinic and Spine Institute, and a primary nurse research associate at the Veterans Administration Medical Center (VA) and UC Medical Center. Maureen serves her community as the information and referral nurse for the local chapter of the American Parkinson's Disease Association and is on the Advisory Board of the Gardner Family Center for Parkinson's Disease and Movement Disorders.

Where: NeuroFit Gym,  
4155 Tonya Trail, Hamilton, 45011  
When: Tuesday, February 13, 2024  
Time: 6:30 PM  
Topic: Topics and questions  
related to Parkinson's Disease,  
with a focus on Deep Brain  
Stimulation (DBS).

Note: There will be BOYO class at 5:30 PM as scheduled but we will adapt the class as needed for the presentation!

## NeuroFit Gym Neuro Class Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00 AM	Web: <a href="http://www.theneurofitgym.com">www.theneurofitgym.com</a>						
9:30 AM	Email: <a href="mailto:info@theneurofitgym.com">info@theneurofitgym.com</a>						
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 & 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				<b>For Neuro classes:</b> 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							Facebook: @theneurofitgym
4:00 PM							Instagram: @theneurofitgym
4:30 PM							
5:00 PM							
5:15 PM			Neuro Bootcamp Advanced	Neuro Strength Advanced		<b>Class Prices:</b>	<b>Individual Sessions:</b>
5:30 PM		BOYO	5:15 - 6:15	5:15 - 6:15		30 minute class \$5	\$35.00 / hour
6:00 PM		5:30-6:30ish				60 minute class \$10	10 sessions for \$300.00
6:30 PM						90 minute class \$15	

**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.

**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!

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# January Word Search

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

Wool  
Storm  
Sled  
Jack Frost  
Heater  
Freezing  
coat  
Below Zero

Wood Stove  
Snowstorm  
Ski  
Jacket  
Heat  
Fireplace  
Chill  
Arctic

Wintertime  
Snowflake  
Scarf  
Icy  
Frost  
Fire  
Blizzard

Windy  
Snowboard  
Polar  
Ice Skates  
Frosty  
 earmuffs  
Blanket

Wind  
Snow  
Mittens  
Ice  
Frostbite  
Comforter  
Black Ice

Thermal  
Slippery  
Melt  
Hot Chocolate  
Freezing Rain  
cold  
Bitter Cold