

2022 November



9687 Kenwood Road
Blue Ash, Ohio 45242

(513) 793-6683

Open 10:00 – 2:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
 A Better Approach to MEMORY CARE 	10:00–10:45 PD Elite Paige Parkhouse 11:00–11:45 PD ADV Paige Parkhouse 12:00–12:45 PD FD Paige Parkhouse 1:00–1:45 Chair Volleyball John Treacy 2:00–2:45 Hands On – L/V Jeanie Bryant 2pm Presenter: Teresa Youngstrom Dementia Specialist "Happy Holidays with Dementia"	10:15–10:45 Floor Stretch Elite Lisa Coors 11:00–11:45 PD Elite Strength Lisa Coors 12:00–12:45 Chair Yoga April Aloisio 1:00–1:45 Chair Yoga ADV April Aloisio	10:00–10:45 Cardio Drumming Maribeth Cash 11:00–11:45 PD ADV Paige Parkhouse 12:00–12:45 PD FD Paige Parkhouse 12:00–12:45 Girl Talk 1:00–1:45 Flower Outreach John Treacy	9:00–9:45 Elite Boxing Lisa Coors 10:00–10:45 Strength FD John Treacy 11:00–11:45 Seated Cardio FD Joelle Tunning 12:00–12:45 Chair Yoga John Treacy 1:00–1:45 Hands On – L/V Jeanie Bryant Day sponsored by Abbott Labs
	7	8	9	10
10:00–10:45 Floor Stretch Elite Joelle Tunning 11:00–11:45 Elite Strength Maribeth Cash 12:00–12:45 Chair Yoga FD April Aloisio 1:00–2:00 Seated Cardio – All Joelle Tunning	10:00–10:45 PD Elite Paige Parkhouse 11:00–11:45 PD ADV Paige Parkhouse 12:00–12:45 PD FD Paige Parkhouse 1:00–1:45 Chair Volleyball John Treacy 2:00–2:45 Hands On – L/V Jeanie Bryant Day sponsored by Amneal	10:15–10:45 Floor Stretch Elite Lisa Coors 11:00–11:45 PD Elite Strength Lisa Coors 12:00–12:45 Chair Yoga April Aloisio 1:00–1:45 Chair Yoga ADV April Aloisio 	10:00–10:45 Cardio Drumming Maribeth Cash 11:00–11:45 PD ADV Paige/Jenna 12:00–12:45 PD FD Paige/Jenna 12:00–12:45 Girl Talk 1:00–1:45 Flower Outreach John Treacy	10:00–10:45 Strength FD John Treacy 11:00–11:45 Seated Cardio – All Joelle Tunning 12:00–12:45 Chair Yoga – All John Treacy 1:00–1:45 Hands On – L/V Jeanie Bryant
14	15	16	17	18
10:00–10:45 Floor Stretch Elite Joelle Tunning 11:00–11:45 Elite Strength Maribeth Cash 12:00–12:45 Chair Yoga FD April Aloisio 1:00–2:00 Seated Cardio – All Joelle Tunning	10:00–10:45 PD Elite Paige Parkhouse 11:00–11:45 PD ADV Paige Parkhouse 12:00–12:45 PD FD Paige Parkhouse 1:00–1:45 Chair Volleyball John Treacy 2:00–2:45 Hands On – L/V Jeanie Bryant	10:15–10:45 Floor Stretch Elite Lisa Coors 11:00–11:45 PD Elite Strength Lisa Coors 12:00–12:45 Chair Yoga April Aloisio 1:00–1:45 Chair Yoga ADV April Aloisio We make healthy possible	10:00–10:45 Cardio Drumming Maribeth Cash 11:00–11:45 PD ADV Paige/Jenna 12:00–12:45 PD FD Paige/Jenna 12:00–12:45 Friends Giving 1:00–1:45 Flower Outreach John Treacy	10:00–10:45 Strength FD John Treacy 11:00–11:45 Seated Cardio – All Joelle Tunning 12:00–12:45 Chair Yoga – All John Treacy 1:00–1:45 Hands On – L/V Clarissa Harmon 2:00–2:45 NO CLASS 2pm Presenter: Mike Land from ACADIA "Hallucination and Delusion related to PD"
21	22	23	24	25
10:00–10:45 Floor Stretch Elite Joelle Tunning 11:00–11:45 Elite Strength Maribeth Cash 12:00–12:45 Chair Yoga FD April Aloisio 1:00–2:00 Seated Cardio – All Joelle Tunning 7:00 PM--? PLEASANT RIDGE SUPPORT GROUP	10:00–10:45 PD Elite Paige Parkhouse 11:00–11:45 PD ADV Paige Parkhouse 12:00–12:45 PD FD Paige Parkhouse 1:00–1:45 Chair Volleyball John Treacy 2:00–2:45 Hands On – L/V Clarissa Harmon	10:15–10:45 Floor Stretch Elite Lisa Coors 11:00–11:45 PD Elite Strength Lisa Coors 12:00–12:45 NO CLASS Blank 1:00–1:45 NO CLASS Blank 	CLOSED FOR THANKSGIVING HOLIDAY	
28	29	30		
10:00–10:45 Floor Stretch Elite Joelle Tunning 11:00–11:45 Elite Strength Maribeth Cash 12:00–12:45 Chair Yoga FD April Aloisio 1:00–2:00 Seated Cardio – All Joelle Tunning	10:00–10:45 PD Elite Paige Parkhouse 11:00–11:45 PD ADV Paige Parkhouse 12:00–12:45 PD FD Paige Parkhouse 1:00–1:45 Chair Volleyball John Treacy 2:00–2:45 Hands On – L/V Clarissa Harmon	10:15–10:45 Floor Stretch Elite Lisa Coors 11:00–11:45 PD Elite Strength Lisa Coors 12:00–12:45 Chair Yoga April Aloisio 1:00–1:45 Chair Yoga ADV April Aloisio		

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