

2022 December



9687 Kenwood Road
Blue Ash, Ohio 45242

(513) 793-6683

Open 10:00 – 2:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
	<p>General Electric Credit Union</p> <p>We make healthy possible</p>	<p>A Better Approach to MEMORY CARE</p>	<p>10:00–10:45 Cardio Drumming Maribeth Cash</p> <p>11:00–11:45 PD ADV Paige/Jenna</p> <p>12:00–12:45 PD FD Paige/Jenna</p> <p>12:00–12:45 Girl Talk</p> <p>1:00–1:45 Flower Outreach John Treacy</p>	<p>Vendor Day 10am-2pm Award Recipient Celebration and Lunch 2-3:00pm</p>
5	6	7	8	9
<p>10:00–10:45 Floor Stretch Elite Joelle Tunning</p> <p>11:00–11:45 Elite Strength Maribeth Cash</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–2:00 Seated Cardio – All Joelle Tunning</p>	<p>10:00–10:45 PD Elite Paige Parkhouse</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>1:00–1:45 Chair Volleyball John Treacy</p> <p>2:00–2:45 Hands On – L/V Clarissa Harmon</p>	<p>10:00–10:45 Floor Stretch Elite Lisa Coors</p> <p>11:00–11:45 PD Elite Strength Lisa Coors</p> <p>12:00–12:45 Chair Yoga April Aloisio</p> <p>1:00–1:45 Chair Yoga ADV April Aloisio</p>	<p>10:00–10:45 Cardio Drumming Maribeth Cash</p> <p>11:00–11:45 PD ADV Paige/Jenna</p> <p>12:00–12:45 PD FD Paige/Jenna</p> <p>12:00–12:45 Girl Talk</p> <p>1:00–1:45 Flower Outreach John Treacy</p>	<p>9:00–9:45 Elite Boxing Lisa Coors</p> <p>10:00–10:45 Strength FD John Treacy</p> <p>11:00–11:45 Seated Cardio – All Joelle Tunning</p> <p>12:00–12:45 Chair Yoga – All John Treacy</p> <p>1:00–1:45 NO CLASS</p> <p>1pm Lunch sponsored by General Electric Credit Union</p>
12	13	14	15	16
<p>10:00–10:45 Floor Stretch Elite Joelle Tunning</p> <p>11:00–11:45 Elite Strength Maribeth Cash</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–2:00 Seated Cardio – All Joelle Tunning</p>	<p>10:00–10:45 PD Elite Paige Parkhouse</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>1:00–1:45 Chair Volleyball John Treacy</p> <p>2:00–2:45 Hands On – L/V Clarissa Harmon</p> <p>2pm- Presenter Teresa Youngstrom Dementia Specialist</p>	<p>10:15–10:45 Floor Stretch Elite Lisa Coors</p> <p>11:00–11:45 PD Elite Strength Lisa Coors</p> <p>12:00–12:45 Chair Yoga April Aloisio</p> <p>1:00–1:45 Chair Yoga ADV April Aloisio</p>	<p>10:00–10:45 Cardio Drumming Maribeth Cash</p> <p>11:00–11:45 PD ADV Paige/Jenna</p> <p>12:00–12:45 PD FD Paige/Jenna</p> <p>12:00–12:45 Girl Talk</p> <p>1:00–1:45 Flower Outreach John Treacy</p>	<p>9:00–9:45 Elite Boxing Lisa Coors</p> <p>10:00–10:45 Strength FD John Treacy</p> <p>11:00–11:45 Seated Cardio – All Joelle Tunning</p> <p>12:00–12:45 Chair Yoga – All John Treacy</p> <p>1:00–1:45 Hands On – L/V Clarissa Harmon</p>
19	20	21	22	23
<p>10:00–10:45 Floor Stretch Elite Joelle Tunning</p> <p>11:00–11:45 Elite Strength Maribeth Cash</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–2:00 Seated Cardio – All Joelle Tunning</p> <p>7:00 PM--?</p> <p>PLEASANT RIDGE SUPPORT GROUP</p>	<p>10:00–10:45 PD Elite Paige Parkhouse</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>1:00–1:45 Chair Volleyball John Treacy</p> <p>2:00–2:45 Hands On – L/V Clarissa Harmon</p>	<p>10:15–10:45 Floor Stretch Elite Lisa Coors</p> <p>11:00–11:45 PD Elite Strength Lisa Coors</p> <p>12:00–12:45 Chair Yoga April Aloisio</p> <p>1:00–1:45 Chair Yoga ADV April Aloisio</p>	<p>10:00–10:45 Cardio Drumming Maribeth Cash</p> <p>11:00–11:45 PD ADV Paige/Jenna</p> <p>12:00–12:45 PD FD Paige/Jenna</p> <p>12:00–12:45 Girl Talk</p> <p>1:00–1:45 Flower Outreach John Treacy</p>	<p>9:00–9:45 Elite Boxing Lisa Coors</p> <p>10:00–10:45 Strength FD John Treacy</p> <p>11:00–11:45 Seated Cardio – All Joelle Tunning</p> <p>12:00–12:45 Chair Yoga – All John Treacy</p> <p>1:00–1:45 Hands On – L/V Clarissa Harmon</p>
26	27	28	29	30
<p>Closed</p>	<p>10:00–10:45 PD Elite Paige Parkhouse</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>1:00–1:45 Chair Volleyball John Treacy</p> <p>2:00–2:45 Hands On – L/V Clarissa Harmon</p>	<p>10:15–10:45 Floor Stretch Elite Daniel Hartoin</p> <p>11:00–11:45 PD Elite Strength Daniel Hartoin</p> <p>12:00–12:45 Chair Yoga April Aloisio</p> <p>1:00–1:45 Chair Yoga ADV April Aloisio</p>	<p>10:00–10:45 Cardio Drumming Jenna Moffo</p> <p>11:00–11:45 PD ADV Paige/Jenna</p> <p>12:00–12:45 PD FD Paige/Jenna</p> <p>12:00–12:45 Girl Talk</p> <p>1:00–1:45 Flower Outreach John Treacy</p>	<p>9:00–9:45 Elite Boxing Lisa Coors</p> <p>10:00–10:45 Strength FD John Treacy</p> <p>11:00–11:45 Seated Cardio – All Joelle Tunning</p> <p>12:00–12:45 Chair Yoga – All John Treacy</p> <p>1:00–1:45 Hands On – L/V Clarissa Harmon</p>

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A Better Approach to
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