

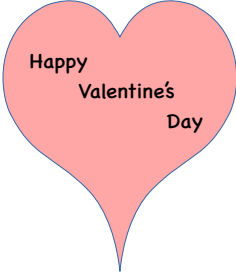




2023 February



9687 Kenwood Road
Blue Ash, Ohio 45242

(513) 793-6683

Open 10:00 – 2:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
	 A Better Approach to MEMORY CARE	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 PD ADV Therese Bibby	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 Cornhole Tournament 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
6	7	8	9	10
10:00–10:45 Floor Stretch Elite Joelle Tunning 11:00–11:45 Elite Boxing Daniel Hartoin 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	10:00–10:45 Floor Stretch Elite Joelle Tunning 11:00–11:45 PD Elite Strength Joelle Tunning 12:00–12:45 Chair Yoga April Aloisio 1:00–1:45 PD ADV Therese Bibby 2:00–2:45 Flower Outreach John Treacy	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 Cornhole Tournament 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 VALENTINES DAY CONCERT WITH APRIL ALOISIO 4-6:00PM
13	14	15	16	17
10:00–10:45 Floor Stretch Elite Joelle Tunning 11:00–11:45 Elite Boxing Daniel Hartoin 12:00–12:45 Chair Yoga FD April Aloisio 1:00–2:00 Seated Cardio – All Joelle Tunning 11am-2pm ASK A NURSE with Maureen Gartner	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 PD ADV Therese Bibby	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 Cornhole Tournament 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 9:30am: New Member Donuts and Coffee with Abbott Labs
20	21	22	23	24
10:00–10:45 Floor Stretch Elite Joelle Tunning 11:00–11:45 Elite Boxing Daniel Hartoin 12:00–12:45 Chair Yoga FD April Aloisio 1:00–2:00 Seated Cardio – All Joelle Tunning 7:00 PM--? Pleasant Ridge Supp	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 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 PD ADV Therese Bibby 2:00–2:45 Flower Outreach John Treacy	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 Cornhole Tournament 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 Day sponsored by ACADIA
27	28			
10:00–10:45 Floor Stretch Elite Joelle Tunning 11:00–11:45 Elite Boxing Daniel Hartoin 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		 We make healthy possible 	

Key: **FD** = Foundations Level Classes **ADV** = Advanced Level Classes **PD** = Parkinsons Disease **L** = Live (In Person) **V** = Virtual (Connect via video link)

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A Better Approach to
MEMORY CARE



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