

2023 January



9687 Kenwood Road
Blue Ash, Ohio 45242

(513) 793-6683

Open 10:00 – 2:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
CLOSED	<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 PD ADV Therese Bibby</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 Cornhole Tournament John Treacy</p>	<p>9:00–9:45 Elite Dance Joelle Tunning</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>
9	10	11	12	13
<p>10:00–10:45 Floor Stretch Elite Joelle Tunning</p> <p>11:00–11:45 Elite Boxing Daniel Hartoin</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–2:00 Seated Cardio – All Joelle Tunning</p> <p style="background-color: yellow; text-align: center;">11 am - 2 pm - Ask a Nurse with Maureen Gartner</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 PD ADV Therese Bibby</p> <p>2:00–2:45 Flower Outreach John Treacy</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 Cornhole Tournament John Treacy</p> <p style="background-color: yellow; text-align: center;">Day sponsored by Amneal</p>	<p>9:00–9:45 Elite Dance Joelle Tunning</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 9:30 am - Donuts and Coffee with Abbott Labs</p> <p style="background-color: yellow; text-align: center;">1 – 2 pm - Presentation: Dr. Espay of UC Gardner Neuroscience - "Why Your Voice Matters to Bring about a Cure"</p>
16	17	18	19	20
<p>10:00–10:45 Floor Stretch Elite Joelle Tunning</p> <p>11:00–11:45 Elite Boxing Daniel Hartoin</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–2:00 Seated Cardio – All Joelle Tunning</p> <p style="background-color: yellow; text-align: center;">7 pm - 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 – V Clarissa Harmon</p> <p style="background-color: yellow; text-align: center;">2 pm - 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 PD ADV Therese Bibby</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 Cornhole Tournament John Treacy</p>	<p>9:00–9:45 Elite Dance Joelle Tunning</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 Jeanie Bryant</p> <p style="background-color: yellow; text-align: center;">2 -3 pm – Presentation: Mike Land Acadia Pharmaceuticals</p>
23	24	25	26	27
<p>10:00–10:45 Floor Stretch Elite Joelle Tunning</p> <p>11:00–11:45 Elite Boxing Daniel Hartoin</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 Jeanie Bryant</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 PD ADV Therese Bibby</p> <p>2:00–2:45 Flower Outreach John Treacy</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 Cornhole Tournament John Treacy</p>	<p>9:00–9:45 Elite Dance Joelle Tunning</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 Jeanie Bryant</p>
30	31			
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