

2023 March



9687 Kenwood Road
Blue Ash, Ohio 45242

(513) 793-6683

Open 10:00 – 2:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
 We make healthy possible	 A Better Approach to MEMORY CARE Local Senior Care Advisors	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 Joelle Tunning 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	9:00–9:45 Elite Boxing Daniel Hartoin 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 9:30am Donuts and Coffee with Abbot Labs New Member Reception
6	7	8	9	10
10:00–10:45 Floor Stretch Elite Joelle Tunning 11:00–11:45 Elite Dance Joelle Tunning 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 Lisa Coors 11:00–11:45 PD Elite Strength Lisa Coors 12:00–12:45 NO CLASS 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	9:00–9:45 Elite Boxing Daniel Hartoin 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 NO CLASS
13	14	15	16	17
10:00–10:45 Floor Stretch Elite Joelle Tunning 11:00–11:45 Elite Dance Joelle Tunning 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 NO CLASS	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 NO CLASS 1-2:00PM – SIGN UP REQUIRED PRESENTER: Dr. Andy Duker UC Gardner Neuroscience	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 12:00--? Foundations Drumming DEMO Jenna Moffo 1:00–1:45 Cornhole Tournament John Treacy	9:00–9:45 Elite Boxing Daniel Hartoin 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 Day sponsored by Acadia
20	21	22	23	24
10:00–10:45 Floor Stretch Elite Joelle Tunning 11:00–11:45 Elite Dance Joelle Tunning 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 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 Jenna Moffo 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 6-8:00pm – SIGN UP REQUIRED BEACH PARTY Band: Thing 1 and Thing 2	9:00–9:45 Elite Boxing Daniel Hartoin 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 – Virtual Clarissa Harmon 1-2:00pm – SIGN UP REQUIRED Presenter: Stuart Solonman Senior Care Partners
27	28	29	30	31
10:00–10:45 Floor Stretch Elite Joelle Tunning 11:00–11:45 Elite Dance Joelle Tunning 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 2-3pm Presenter: Teresa Youngstrom Dementia Specialist	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 Day sponsored by Amneal	9:00–9:45 Elite Boxing Daniel Hartoin 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

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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MEMORY CARE



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