2023 May

Parkinson Community Fitness
HOPE, HEALTH, ACCEPTANCE

9687 Kenwood Road
Blue Ash, Ohio 45242

(513) 793-6683

Open 10:00 – 2:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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	**2** 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	**3** 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	**4** 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	**5** 9:00–9:45 **Elite Boxing** Daniel Hartoin 10:15–10:45 **Core on the Floor (Elite)** Lisa Coors 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
8 10:00–10:45 **Floor Stretch Elite** Joelle Tunning 11:00–11:45 **Elite Dance** Joelle Tunning **11am-2pm** Ask a Nurse **Maureen Gartner** 12:00–12:45 **Chair Yoga FD** April Aloisio 1:00–2:00 **Seated Cardio – All** Joelle Tunning	**9** 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** 10:00–10:45 **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	**11** 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	**12** 9:00–9:45 **Elite Boxing** Daniel Hartoin **9:30am** Bagels and Coffee with **Abbott Labs** 10:00–10:30 **Core on the Floor (Elite)** Lisa Coors 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
15 10:00–10:45 **Floor Stretch Elite** Joelle Tunning 11:00–11:45 **Elite Dance** Joelle Tunning 12:00–12:45 **Chair Yoga** Joelle Tunning 1:00–2:00 **Seated Cardio – All** Joelle Tunning **7pm**- PLEASANT RIDGE SUPPORT GROUP	**16** 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 **2pm:** Ask a Dementia Specialist **Teresa Youngstrom**	**17** 10:15–10:45 **Floor Stretch Elite** Lisa Coors 11:00–11:45 **PD Elite Strength** Lisa Coors 12:00–12:45 **NO CLASS** April Aloisio **12-12:45pm** PRESENTATION AND LUNCH **ELDERCARE** 1:00–1:45 **PD ADV** Therese Bibby	**18** 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	**19** 9:00–9:45 **Elite Boxing** Daniel Hartoin 10:00-10:30 **Core on the Floor (Elite)** Lisa Coors 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** Presentation: "Incontinence and male pelvic health with PD" **Dr. Andrew Gillihan**
22 10:00–10:45 **Floor Stretch Elite** Joelle Tunning 11:00–11:45 **Elite Dance** Joelle Tunning 12:00–12:45 **Chair Yoga** Joelle Tunning 1:00–2:00 **Seated Cardio – All** Joelle Tunning	**23** 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	**24** 10:15–10:45 **Floor Stretch Elite** Lisa Coors 11:00–11:45 **PD Elite Strength** Lisa Coors 12:00–12:45 **NO CLASS** April Aloisio 1:00–1:45 **PD ADV** Therese Bibby 2:00–2:45 **Flower Outreach** John Treacy	**25** 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	**26** 9:00–9:45 **Elite Boxing** Daniel Hartoin 10:00-10:30 **Core on the Floor (Elite)** Lisa Coors 11:00–11:45 **Seated Cardio – All** Joelle Tunning 12:00–12:45 **NO CLASS** John Treacy 1:00–1:45 **Hands On – L/V** Jeanie Bryant
29 **CLOSED MEMORIAL DAY** Abbott ACADIA	**30** 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 Day sponsored by **ACADIA**	**31** 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 ALINEA PERFORMANCE	ELDERCARE CONNECTIONS Denotes Presentation or Special Event (No Sign Up Required)	Help and Hope with Dementia A Better Approach to MEMORY CARE Denotes Presentation or Special Event (Please Sign Up at Front Desk)

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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