

2023 August



9687 Kenwood Road
Blue Ash, Ohio 45242

(513) 793-6683

Open 10:00 – 2:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	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	10:00–10:45 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 Chair Yoga ADV April Aloisio	10:00–10:45 Cardio Drumming Daniel Hartoin 11:00–11:45 PD ADV John Treacy 12:00–12:45 PD FD John Treacy 12:00–12:45 Girl Talk 1:00–1:45 Cornhole Tournament John Treacy 2:00–2:45 Cognitive Skills Class Clarissa Harmon	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 Strength & Stretch – All John Treacy 1:00–1:45 Hands On – L/V Clarissa Harmon
7	8	9	10	11
10:00–10:45 Floor Stretch Elite Jennifer Marks 11:00–11:45 Elite Dance Jennifer Marks 12:00–12:45 Chair Yoga FD April Aloisio 1:00–2:00 Seated Cardio – All Jennifer Marks	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	10:00–10:45 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 Chair Yoga ADV April Aloisio	10:00–10:45 Cardio Drumming Daniel Hartoin 10:45: Brunch (Cheese, Crackers And Fruit) with Abbott Labs 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 2:00–2:45 Cognitive Skills Class Clarissa Harmon	STUDIO CLOSED Doug and Lisa's Wedding Celebration 12-2:00pm at Blue Ash Golf Course (All members and staff invited)
14	15	16	17	18
10:00–10:45 Floor Stretch Elite Joelle Tunning 11:00–11:45 Elite Dance Joelle Tunning 12:00–12:45 Chair Yoga 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	10:15–10:45 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 Chair Yoga ADV April Aloisio	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 2:00–2:45 Cognitive Skills Class Clarissa Harmon	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 Strength & Stretch – All John Treacy 1:00–1:45 NO CLASS Clarissa Harmon 1:00 - Right At Home – Presentation and Lunch "Dehydration 101"
21	22	23	24	25
10:00–10:45 Floor Stretch Elite Joelle Tunning 11:00–11:45 Elite Dance Joelle Tunning 11:00–2:00 Ask a Nurse Maureen Gartner 12:00–12:45 Chair Yoga 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 2:00 - Ask a Dementia Specialist with Teresa Youngstrom	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 Chair Yoga ADV April Aloisio Day Sponsored by Amneal	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 2:00–2:45 Cognitive Skills Class Clarissa Harmon Day Sponsored by Acadia	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 Strength & Stretch – All John Treacy 1:00–1:45 Hands On – L/V Clarissa Harmon
28	29	30	31	
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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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