





2023 September		Parkinson Community Fitness <small>HOPE, HEALTH, ACCEPTANCE</small>	9687B Kenwood Road Blue Ash, Ohio 45242	(513) 793-6683	Open M/W: 10:00 – 2:00 T/Th: 10:00 – 3:00 F: 9:00 – 2:00
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Denotes Presentation or Special Event (No Sign Up Required)	 A Better Approach to MEMORY CARE	2023 Parkinson's Shuttle Fundraiser Scan this QR Code with your phone to purchase your tickets 		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 Daniel Hartoin 12:00–12:45 Strength & Stretch – All John Treacy 1:00–1:45 Hands On – L/V Clarissa Harmon	1
Denotes Presentation or Special Event (Please Sign Up at Front Desk)					
 PARKINSON DISEASE MOVE IT OR LOSE IT Fighting with Exercise					
4	5	6	7	8	
PCF CLOSED FOR THE HOLIDAY 	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 Jenna Moffo 11:00–11:45 PD ADV Paige/Jenna 12:00–12:45 PD FD Paige/Jenna 12:00–12:45 Girl Talk John Treacy 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 Daniel Hartoin 12:00–12:45 Strength & Stretch – All John Treacy 1:00–1:45 Hands On – L/V Clarissa Harmon	
11	12	13	14	15	
10:00–10:45 Floor Stretch Elite Jennifer Marks 11:00–11:45 Elite Dance Jennifer Marks 12:00–12:45 Chair Yoga April Aloisio 12:00–2:00 Ask a Nurse Maureen Gartner 1:00–2:00 Seated Cardio – All Jennifer Marks	10:00–10:45 PD Elite Jennifer Marks 11:00–11:45 PD ADV Jennifer Marks 12:00–12:45 PD FD Jennifer Marks 1:00–1:45 Chair Volleyball John Treacy 2:00–2:45 Hands On – L/V Jeanie Bryant	10:15–10:45 No morning Classes, but Studio Open For Equipment Use 11:00–11:45 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 Jenna Moffo 12:00–12:45 PD FD Jenna Moffo 12:00–12:45 Girl Talk John Treacy 1:00–1:45 Cornhole Tournament John Treacy 2:00–2:45 NO CLASS Clarissa Harmon	9:00–9:45 Elite Boxing Daniel Hartoin 10:00–10:30 Core on the Floor (Elite) Daniel Hartoin 11:00–11:45 Seated Cardio – All Daniel Hartoin 12:00–12:45 Strength & Stretch – All John Treacy 1:00–1:45 NO CLASS Clarissa Harmon	
18	19	20	21	22	
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 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 NO CLASS Clarissa Harmon	10:15–10:45 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 Chair Yoga ADV April Aloisio	10:00–10:45 Cardio Drumming Daniel Hartoin 11:00–11:45 PD ADV Paige/Jenna 12:00–12:45 PD FD Paige/Jenna 12:00–12:45 Girl Talk John Treacy 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) Daniel Hartoin 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 Jeanie Bryant	
25	26	27	28	29	
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 2:00 - Teresa Youngstrom "Ask a 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 NO CLASS 1:00–2:00 - Dr. Luca Marcelli Lunch and Presentation	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 John Treacy 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) Daniel Hartoin 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	
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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