2023 Nove	mber	Parkinson Community Fitness HOPE, HEALTH, ACCEPTANCE	9687 Kenwood Road Blue Ash, Ohio 45242	(513) 793-6683	Open 10:00 – 2:00
MONDAY		TUESDAY	WEDNESDAY 1	THURSDAY	FRIDAY
SAVE THE DAT	<u>E</u>		10:15–10:45 Floor Stretch Lisa Coors Elite  11:00–11:45 PD Elite Strength  12:00–12:45 Chair Yoga	10:00–10:45 Joelle Tunning 11:00–11:45 Paige Parkhouse 12:00–12:45 PD FD	9:00–9:45 Daniel Hartoin 9:45-10:15 Core on the Floor Lisa Coors (Elite) 11:00–11:45 Seated Cardio –
Saturday, December 11am - 1pm Building the Toolbo for Caregivers		ACADIA	April Aloisio  1:00–1:45 April Aloisio  1:00 - Ask a Dementia Specialist Teresa Youngstrom	Paige Parkhouse  12:00–12:45 Girl Talk  1:00–1:45 Cornhole     John Treacy  2:00–2:45 Cognitive Skills  Clarissa Harmon Level 1  Day Sponsored by Acadia	Joelle Tunning AII  12:00–12:45 Strength & Stretch – AII  1:00–1:45 Clarissa Harmon Hands On – L/V
	6	7	8	9	10
10:00-10:45 Floor Strong Joelle Tunning Elite 11:00-11:45 Elite Dan		10:00–10:45 Paige Parkhouse PD Elite 11:00–11:45 PD ADV	10:15–10:45 Floor Stretch Lisa Coors Elite 11:00–11:45 PD Elite Strength	10:00–10:45 Joelle Tunning  11:00–11:45 PD ADV	9:00–9:45 Lisa Coors Elite Boxing 9:45-10:15 Core on the Floor
Joelle Tunning  12:00–12:45 April Aloisio  Chair You		Paige Parkhouse  12:00–12:45 Paige Parkhouse  PD FD	Lisa Coors  12:00–12:45 April Aloisio  Chair Yoga	Paige Parkhouse  12:00–12:45 Paige Parkhouse  PD FD	Lisa Coors (Elite)  11:00–11:45 Seated Cardio – Joelle Tunning All
1:00–2:00 Seated C Joelle Tunning AII	ardio –	1:00–1:45 John Treacy 2:00–2:45 Clarissa Harmon Hands On – L/V	1:00–1:45 April Aloisio Chair Yoga ADV	12:00–12:45 Girl Talk  1:00–1:45 Cornhole John Treacy 2:00–2:45 Cognitive Skills Clarissa Harmon Level 2	12:00–12:45 Strength & Stretch – All 1:00–1:45 Clarissa Harmon Hands On – L/V
	13	14	15	16	17
10:00-10:45 Floor Strong Joelle Tunning Elite 11:00-11:45 Joelle Tunning Elite Dan		10:00–10:45 Paige Parkhouse 11:00–11:45 Paige Parkhouse PD ADV	10:15–10:45 Floor Stretch Lisa Coors Elite  11:00–11:45 PD Elite Strength Lisa Coors	10:00–10:45 Jenna Moffo 11:00–11:45 Paige/Jenna PD ADV	9:00–9:45 Daniel Hartoin 9:45-10:15 Core on the Floor Lisa Coors (Elite)
11:00–2:00 Maureen Gartner	rse	12:00-12:45 Paige Parkhouse	12:00–12:45 April Aloisio	12:00–12:45 Paige/Jenna	11:00–11:45 Seated Cardio – Joelle Tunning All
12:00–12:45 Chair You April Aloisio		1:00–1:45  John Treacy  Chair Volleyball	1:00–1:45 April Aloisio NO CLASS	12:00-12:45 Girl Talk	12:00-12:45 Strength & John Treacy Stretch - All
1:00–2:00 Seated C Joelle Tunning All		2:00–2:45 Jeanie Bryant Hands On – L/V	1:00-2:30 - Friendsgiving Potluck Lunch	1:00-1:45 Cornhole John Treacy Tournament 2:00-2:45 Cognitive Skills Clarissa Harmon Level 1	1:00–1:45 Clarissa Harmon Hands On – L/V
10:00-10:45 Floor Str	20 etch	10:00-10:45 PD Flite	10:15–10:45 Floor Stretch	23	
Jennifer Marks Elite		Paige Parkhouse PD Elite	Lisa Coors Elite	CLOSED FOR 1	THANKSGIVING
11:00–11:45 Jennifer Marks  12:00–12:45 Jennifer Marks  1:00–2:00 Seated C Jennifer Marks All	ga	11:00–11:45 Paige Parkhouse 12:00–12:45 Paige Parkhouse 1:00–1:45 John Treacy 2:00–2:45 Clarissa Harmon Hands On – L/V	11:00–11:45 Lisa Coors  PD Elite Strength  PCF will close early for the Thanksgiving Holiday	Thank	Sylving
	t Group				
10:00-10:45 Floor Str	27 etch	10:00-10:45 PD Flite	10:15–10:45 Floor Stretch	10:00–10:45	
Joelle Tunning Elite  11:00–11:45 Joelle Tunning Elite Dan	ice	PD Elite Paige Parkhouse  11:00–11:45 Paige Parkhouse  PD ADV	Lisa Coors Elite  11:00–11:45 Lisa Coors  PD Elite Strength	Joelle Tunning  11:00–11:45 Daniel Hartoin	Denotes Presentation or Special Event (No Sign Up Required)
12:00–12:45 April Aloisio 1:00–2:00 Seated C		12:00–12:45 Paige Parkhouse 1:00–1:45	12:00–12:45 April Aloisio 1:00–1:45	12:00–12:45 Daniel Hartoin	Denotes Presentation or Special Event (Please Sign Up at Front Desk)
Joelle Tunning All	earulO –	John Treacy 2:00–2:45 Jeanie Bryant  Chair Volleyball Hands On – L/V	April Aloisio Chair Yoga ADV	12:00–12:45 Girl Talk  1:00–1:45 Cornhole    John Treacy 2:00–2:45 Cognitive Skills Clarissa Harmon Level 2  L = Live (In Person	PARKINSON DISEASE MOVE IT OR LOSE IT Fighting with Exercise
Key: FD = Fou	ndations L	evel Classes ADV = Advanced L	evel Classes PD = Parkinsons Dis	sease <b>V</b> = Virtual (Connec	<i>'</i>

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