

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<div>SAVE THE DATE</div> <div>Saturday, December 9th 11am - 1pm Building the Toolbox for Caregivers</div>	<div>ACADIA™</div>	1 <div>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 1:00 - Ask a Dementia Specialist Teresa Youngstrom</div>	2 <div>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 Paige Parkhouse 1:00–1:45 Cornhole Tournament John Treacy 2:00–2:45 Cognitive Skills Level 1 Clarissa Harmon Day Sponsored by Acadia</div>	3 <div>9:00–9:45 Elite Boxing Daniel Hartoin 9:45-10:15 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</div>	
		6 <div>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</div>	7 <div>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</div>	8 <div>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</div>	9 <div>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 Paige Parkhouse 1:00–1:45 Cornhole Tournament John Treacy 2:00–2:45 Cognitive Skills Level 2 Clarissa Harmon</div>
13 <div>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</div>	14 <div>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</div>	15 <div>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 April Aloisio 1:00-2:30 - Friendsgiving Potluck Lunch</div>	16 <div>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 Paige/Jenna 1:00–1:45 Cornhole Tournament John Treacy 2:00–2:45 Cognitive Skills Level 1 Clarissa Harmon</div>	17 <div>9:00–9:45 Elite Boxing Daniel Hartoin 9:45-10:15 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</div>	
20 <div>10:00–10:45 Floor Stretch Elite Jennifer Marks 11:00–11:45 Elite Dance Jennifer Marks 12:00–12:45 Chair Yoga Jennifer Marks 1:00–2:00 Seated Cardio – All Jennifer Marks 7:00 PM–? Pleasant Ridge Support Group</div>	21 <div>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</div>	22 <div>10:15–10:45 Floor Stretch Elite Lisa Coors 11:00–11:45 PD Elite Strength Lisa Coors PCF will close early for the Thanksgiving Holiday</div>	23 <div>CLOSED FOR THANKSGIVING</div> <div></div>		24
27 <div>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</div>	28 <div>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</div>	29 <div>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</div>	30 <div>10:00–10:45 Cardio Drumming Joelle Tunning 11:00–11:45 PD ADV Daniel Hartoin 12:00–12:45 PD FD Daniel Hartoin 12:00–12:45 Girl Talk Daniel Hartoin 1:00–1:45 Cornhole Tournament John Treacy 2:00–2:45 Cognitive Skills Level 2 Clarissa Harmon</div>	<div>Denotes Presentation or Special Event (No Sign Up Required)</div> <div>Denotes Presentation or Special Event (Please Sign Up at Front Desk)</div> <div> PARKINSON DISEASE MOVE IT OR LOSE IT Fighting with Exercise</div>	
<div>Key: FD = Foundations Level Classes ADV = Advanced Level Classes PD = Parkinsons Disease L = Live (In Person) V = Virtual (Connect via video link)</div>					

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