2023 December

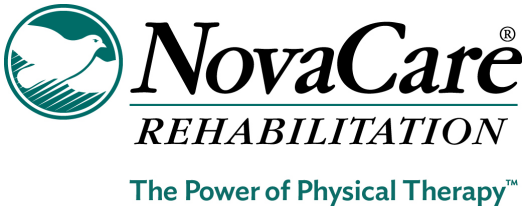
Parkinson Community Fitness
HOPE, HEALTH, ACCEPTANCE

9687 Kenwood Road
Blue Ash, Ohio 45242

(513) 793-6683

Open 10:00 – 2:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
Denotes Presentation or Special Event (No Sign Up Required) Denotes Presentation or Special Event (Please Sign Up at Front Desk) PARKINSON DISEASE MOVE IT OR LOSE IT Fighting with Exercise	Help and Hope with Dementia A Better Approach to MEMORY CARE		**ATTENTION:** ***ALL CAREGIVERS & FAMILY MEMBERS DON'T MISS IT!*** Saturday, December 9th 11am - 1pm Building the Toolbox for Caregivers	9:00–9:45 Lisa Coors **Elite Boxing** 9:45-10:15 Lisa Coors **Core on the Floor (Elite)** 11:00–11:45 Joelle Tunning **Seated Cardio – All** 12:00–12:45 John Treacy **Strength & Stretch – All** 1:00–1:45 Clarissa Harmon **Hands On – L/V**
4	5	6	7	8
10:00–10:45 Joelle Tunning **Floor Stretch Elite** 11:00–11:45 Joelle Tunning **Elite Dance** 12:00–12:45 April Aloisio **Chair Yoga FD** 1:00–2:00 Joelle Tunning **Seated Cardio – All**	10:00–10:45 Paige Parkhouse **PD Elite** 11:00–11:45 Paige Parkhouse **PD ADV** 12:00–12:45 Paige Parkhouse **PD FD** 1:00–1:45 John Treacy **Chair Volleyball** 2:00–2:45 Clarissa Harmon **Hands On – L/V**	10:15–10:45 Lisa Coors **Floor Stretch Elite** 11:00–11:45 Lisa Coors **PD Elite Strength** 12:00–12:45 April Aloisio **Chair Yoga** 1:00–1:45 April Aloisio **Chair Yoga ADV** **2pm - Ask a Dementia Specialist with Teresa Youngstrom**	10:00–10:45 Joelle Tunning **Cardio Drumming** 11:00–11:45 Paige Parkhouse **PD ADV** 12:00–12:45 Paige Parkhouse **PD FD** 12:00–12:45 **Girl Talk** 1:00–1:45 John Treacy **Cornhole Tournament** 2:00–2:45 Clarissa Harmon **Cognitive Skills Level 1**	9:00–9:45 Daniel Hartoin **Elite Boxing** 9:45-10:15 Lisa Coors **Core on the Floor (Elite)** 11:00–11:45 Joelle Tunning **Seated Cardio – All** 12:00–12:45 John Treacy **Strength & Stretch – All** 1:00–1:45 Clarissa Harmon **Hands On – L/V**
11	12	13	14	15
10:00–10:45 Joelle Tunning **Floor Stretch Elite** 11:00–11:45 Joelle Tunning **Elite Dance** 12:00–12:45 April Aloisio **Chair Yoga** 1:00–2:00 Joelle Tunning **Seated Cardio – All**	10:00–10:45 Paige Parkhouse **PD Elite** 11:00–11:45 Paige Parkhouse **PD ADV** 12:00–12:45 Paige Parkhouse **PD FD** 1:00–1:45 John Treacy **Chair Volleyball** 2:00–2:45 Jeanie Bryant **Hands On – L/V** **10am - 2pm Donna Burnett Counseling Services Available**	10:15–10:45 Lisa Coors **Floor Stretch Elite** 11:00–11:45 Lisa Coors **PD Elite Strength** 12:00–12:45 April Aloisio **Chair Yoga** 1:00–1:45 April Aloisio **Chair Yoga ADV**	10:00–10:45 Joelle Tunning **Cardio Drumming** 11:00–11:45 Paige Parkhouse **PD ADV** 12:00–12:45 Paige Parkhouse **PD FD** 12:00–12:45 **Girl Talk** 1:00–1:45 John Treacy **Cornhole Tournament** 2:00–2:45 Clarissa Harmon **Cognitive Skills Level 2**	9:00–9:45 Daniel Hartoin **Elite Boxing** 9:45-10:15 Lisa Coors **Core on the Floor (Elite)** 11:00–11:45 Joelle Tunning **Seated Cardio – All** 12:00–12:45 John Treacy **Strength & Stretch – All** 1:00–1:45 Clarissa Harmon **Hands On – L/V**
18	19	20	21	22
10:00–10:45 Joelle Tunning **Floor Stretch Elite** 11:00–11:45 Joelle Tunning **Elite Dance** 12:00–12:45 April Aloisio **Chair Yoga** 1:00–2:00 Joelle Tunning **Seated Cardio – All** 7:00 PM--? **Pleasant Ridge Support Group**	10:00–10:45 Paige Parkhouse **PD Elite** 11:00–11:45 Paige Parkhouse **PD ADV** 12:00–12:45 Paige Parkhouse **PD FD** 1:00–1:45 John Treacy **Chair Volleyball** 2:00–2:45 Clarissa Harmon **Hands On – L/V**	10:15–10:45 Lisa Coors **Floor Stretch Elite** 11:00–11:45 Lisa Coors **PD Elite Strength** 12:00–12:45 April Aloisio **Chair Yoga** 1:00–1:45 April Aloisio **Chair Yoga ADV**	10:00–10:45 Jenna Moffo **Cardio Drumming** 11:00–11:45 Paige/Jenna **PD ADV** 12:00–12:45 Paige Parkhouse **PD FD** 12:00–12:45 **Girl Talk** 1:00–1:45 John Treacy **Cornhole** 2:00–2:45 Clarissa Harmon **Cognitive Skills Level 1** **Celebrate the Holidays Concert with April Aloisio 4-6pm**	9:00–9:45 Daniel Hartoin **Elite Boxing** 9:45-10:15 Lisa Coors **Core on the Floor (Elite)** 11:00–11:45 Joelle Tunning **Seated Cardio – All** 12:00–12:45 John Treacy **Strength & Stretch – All** 1:00–1:45 Clarissa Harmon **Hands On – L/V**
25	26	27	28	29
CLOSED FOR CHRISTMAS 			10:00–10:45 Daniel Hartoin **Cardio Drumming** 11:00–11:45 Paige Parkhouse **PD ADV** 12:00–12:45 Paige Parkhouse **PD FD** 12:00–12:45 **Girl Talk** 1:00–1:45 John Treacy **Cornhole Tournament** 2:00–2:45 Clarissa Harmon **Cognitive Skills Level 2**	9:00–9:45 Daniel Hartoin **Elite Boxing** 9:45-10:15 Lisa Coors **Core on the Floor (Elite)** 11:00–11:45 **NO CLASS** 12:00–12:45 John Treacy **Strength & Stretch – All** 1:00–1:45 Jeanie Bryant **Hands On – L/V**

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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