190-1045   190-1045	2024	January	Community Fitness HOPE, HEALTH, ACCEPTANCE	9687 Kenwood Road Blue Ash, Ohio 45242	(513) 793-6683	Open 10:00 – 2:00
100-1045   Place Breach   100-1045   Place	MO	NDAY		WEDNESDAY	THURSDAY	FRIDAY
100-104		1				5
1980-1145   Po Bible Streemy   1980-1145   Po Bible Streemy   1980-1145   Po Bible Streemy   1980-1145   Po Bible Streemy   1200-1245   Po Bible Streemy			PD Elite		Cardio Drumming	Elite Boxing
Cap		OAY	11:00-11:45	11:00_11:45	11:00_11:45	
Page Pathwere   Page   Page Pathwere   Page   Page   Pathwere   Page			Paige Parkhouse	Lisa Coors	Paige/Jenna	Lisa Coors (Elite)
1-00-1-45			PD FD	Chair Yoga	PD FD	
200-1045   Floor Stretch   1000-1045   Floor Stretch   1	The state of the s		1:00-1:45	1:00-1:45		=
Journal of Part   Second Par	2	100	Chair Volleyball	Chair Yoga ADV		_
10,00-10.45   Floor Stretch   10,0			Hands On – L/V			NO CLASS
10.00-10.45   Floor Stretch   10.0	• # 700		Jeanie Bryant		1	Clarissa Harmon
19:09-1945   Floor Stretch   19:06-1945   F					_	
		8	9	10	11	12
11:00-1145   20:00-1245   Chair Yegs FD   FD   FD   FD   FD   FD   FD   FD			PD Elite		Cardio Drumming	Elite Boxing
Page   Park   Page   Park   Page   Park   Page   Page   Park   Page	_		11:00_11:45	11:00_11:45	11:00_11:45	
April Action   Chair Yogs   Page Perkhones   Page Perkh		Elite Dance	PD ADV	PD Elite Strength	PD ADV	*****
1-90-200   1-90-145		Chair Yoga FD	PD FD	Chair Yoga	PD FD	
John Transy   Stretch - All   100-145   2-2pm   Dona Burnet   Comselling Services Available   100-145   Combole   John Transy   Stretch - All   100-145   John Transy   Stretch - All   John Transy   Stretc	=	_	Paige Parkhouse	April Aloisio	_	-
2-20-245   Jeane Byare   1-20-1-145   Jeane Byare Byare Byare Byare   1-20-1-145   Jeane Byare			Chair Volleyball	Chair Yoga ADV	12:00-12:45 GITI TAIK	
10-m2-pm			2:00-2:45	<u>,                                      </u>	1:00-1:45 Cornhole	1:00-1:45
1-030-1-045			Jeanie Bryant		•	Clarissa Harmon
1000-1045					NO CLASS	
100-0-1045   Floor Stretch   10-00-1045   F	Ask	a Nurse			Cialissa Haillion	
19:09-10-45   Floor Stretch   Popular Pathonse   Hite Dance   January   Popular Pathonse   January   January	with Mau	een Garther				
Page Parknows   Page Parknow						19
11-90-11-45   Department Marks   Department Department   Department			PD Elite		Cardio Drumming	Elite Boxing
Page Parkhouse	11:00-11:45	Flite Dance	11:00-11:45 PD ADV	11:00-11:45 PD Flite Strength	11:00-11:45 PD ADV	9:45-10:15 Core on the Floor
Page Pathouse   Page Pathous		Ente Bunde	Paige Parkhouse	Lisa Coors	Paige Parkhouse	` ,
1-90-1-20 Seated Cardio Jennifer Marks All Call Talk Jennifer Marks All Jennifer Marks All Call Talk Jennifer Marks All Talk Jennifer Marks All Call Talk Jennifer Marks All Talk Jennifer Marks		Chair Yoga	PDFD	Chair Yoga	PD FD	
John Treacy 2:00-2:45 Jeanie Bryant    1:00-1:45 Jeanie Bryant   1:00-	i	Seated Cardio -	1:00-1:45	1:00_1:45	_	
Jeanie Bryant  John Traczy  Jeanie Bryant  John Traczy  Jeanie Bryant  John Traczy  Jeanie Bryant  John Traczy  Jeanie Bryant  Jeanie Bryant  John Traczy  Jeanie Brya	Jennifer Marks	All	John Treacy	Therese Bibby		•
Ask a Demential Specialist with Toreas Youngstrom  22 2 23 24 25 25 26  26 10:00-10:45 Floor Stretch Joelle Tunning Elite 11:00-11:45 Page Parkhouse 11:00-11:45 Page Page Parkhouse 11:00-11:45 Page Page Parkhouse 11:00-11:45 Page Page Parkhouse 11:00-11:45 Page Pa			NO CLASS	1nm		NO CLASS
10:00-10:45   Floor Stretch   Joelle Tunning   Eite   Page Parkhouse   11:00-11:45   Lisa Cors   Eite   11:00-11:45   Lisa Cors			,	Ask a Dementia Specialist	2.00_2.45	
10:00-10:45   Floor Stretch   Joelle Tunning   Elite   Paige Parkhouse   11:00-11:45   Joelle Tunning   Elite   Paige Parkhouse   11:00-11:45   Joelle Tunning   Lisa Coors   Elite   11:00-11:45   Paige Parkhouse   11:00-11				with refesa roungshom	Clarissa Harmon	
Joelle Tunning 11:00-11:45 Joelle Tunning 12:00-12:45 April Aloisio 1-00-2:00 Joelle Tunning 12:00-12:45 April Aloisio 1-00-2:00 Joelle Tunning 12:00-12:45 Joelle Tunning 12:00-12:45 April Aloisio 1-00-2:00 Joelle Tunning 12:00-12:45 Joelle Tunning 12:00-12:45 April Aloisio 1-00-1:45 Joelle Tunning 11:00-11:45 Joelle		22	23	24	25	26
Joelle Tunning Eilte Joelle Tunning Lisa Coors Lisa Coo	10:00-10:45	Floor Stretch	10:00-10:45	10:15-10:45 Floor Stretch	10:00-10:45 Cardio Drumming	9:00-9:45
Jeelle Tunning 12:00-12:45 April Albeio 1:00-2:00 Jeelle Tunning All 1:00-12:45 John Treacy 1:00-12:45 John Treacy 1:00-13:45 John Treacy	_	Elite	Paige Parkhouse		Joelle Tunning	Daniel Hartoin
12:00-12:45 April Aloisio 13:00-12:45 April Aloisio 13:00-12:45 Paige Parkhouse 1:00-12:45 April Aloisio 1:00-13:5 Jeanie Bryant 1:00-10:45 Paige Parkhouse 1:00-12:45 April Aloisio 1:00-10:45 Paige Parkhouse 1:00-12:45 April Aloisio 1:00-11:45 Days Ponsore Device Available  1:00-12:45 April Aloisio 1:00-12:45		Elite Dance	PD ADV	PD Elite Strength	PD ADV	
April Aloisio  1:00-2:00 Joelle Tunning Joelle Tunning Joelle Tunning Ali  1:00-1:45 Jeanie Bryant  7 pm Pleasant Ridge Support Group  7 pm Pleasant Ridge Support Group  29 30 10:00-10:45 Joelle Tunning Elite 11:00-11:45 Joelle Tunning Elite Dance Joelle Tunning 12:00-12:45 April Aloisio  April Aloisio Chair Yoga April Aloisio Chair Yoga ADV Therese Bibby Chair Yoga ADV Therese Bibby April Aloisio Chair Yoga ADV Therese Bibby April Aloisio Chair Yoga ADV Therese Bibby Therese Bibby April Aloisio Chair Yoga ADV Therese Bibby April Aloisio Chair Yoga ADV Therese Bibby Therese Bibby April Aloisio Chair Yoga ADV Therese Bibby April Aloisio Chair Yoga ADV Therese Bibby Therese Bibby April Aloisio Chair Yoga April Aloisio April Aloisi	_	Chair Yara	12:00-12:45	12:00-12:45	12:00-12:45	, ,
Joelle Turning All  John Treacy 2:00-2:45 Jeanie Bryant  Zpm Pleasant Ridge Support Group  29  30  30  31  10:00-10:45 Joenie Bryant  10:00-10:45 Joenie Bryant  29  30  30  31  10:00-10:45 Joenie Bryant  10:00-10:45 Joenie Bryant  10:00-10:45 Joenie Bryant  29  30  30  31  10:00-10:45 Paige Parkhouse  11:00-11:45 Paige Parkhouse  11:00-11:45 Paige Parkhouse  11:00-11:45 Joelle Turning  11:00-11:45 Joelle Turning  11:00-11:45 Joelle Turning  All  ABetter Approach to MEMORY CARE  ABetter Approach to MEMORY CARE  Level Classes  ABV = Advanced Level Classes  ADV = Advanced	=	_	Paige Parkhouse	April Aloisio	Paige Parkhouse	=
Pleasant Ridge Support Group  29  30  31  1:00-1:45 John Treacy 2:00-2:45 John Treacy 3:00-2:45 John Treacy 3:			Chair Volleyball	Chair Yoga ADV	12:00-12:45 Girl Talk	
Pleasant Ridge Support Group	Joene running		2:00-2:45	·	1:00-1:45 Cornhole	1:00-1:45
Pleasant Ridge Support  29  30  10:00-10:45 Joelle Tunning 11:00-11:45 Joelle Tunning 12:00-12:45 April Aloisio 1:00-2:200 Joelle Tunning All  Day SPONSORED BY Supernus  Chair Voga April Aloisio 1:00-1:45 Joelle Tunning Day SPONSORED BY Supernus  Chair Volleyball John Treacy 29  30  31  10:15-10:45 Lisa Coors Elite Plage Parkhouse 11:00-11:45 Lisa Coors 11:00-11:45 Paige Parkhouse 10:00-12:45 April Aloisio 1:00-1:45 Therese Bibby  A Better Approach to MEMORY CARE  Parkinson Disease			Hands On – L/V			Clarissa Harmon
Second   S						DAY SPONSORED BY
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11:00-11:45 Joelle Tunning 12:00-12:45 April Aloisio 1:00-2:00 Joelle Tunning All  Day SPONSORED BY Supernus  11:00-11:45 Paige Parkhouse 12:00-12:45 April Aloisio 1:00-2:00 Jeanie Bryant  Day SPONSORED BY Supernus  11:00-11:45 Denotes Presentation or Special Event (Please Sign Up at Front Desk)  PARKINSON DISEASE MEMORY CARE  L = Live (In Person)  L = Live (In Person)			PD Elite		Supernus	( ) ACADIA
Joelle Tunning 12:00–12:45 April Aloisio 1:00–2:00 Joelle Tunning All  Paige Parkhouse 1:00–12:45 Paig		Elite Dance	PD ADV	PD Elite Strength	- Fnarmaceuticals	
April Aloisio  1:00–2:00  Seated Cardio –  Joelle Tunning  All  Paige Parkhouse  1:00–1:45	_		Paige Parkhouse	Lisa Coors		
1:00–2:00 Seated Cardio –  Joelle Tunning All  1:00–1:45 Chair Volleyball John Treacy 2:00–2:45 Hands On – L/V Jeanie Bryant  DAY SPONSORED BY Supernus  1:00–1:45 Therese Bibby  A Better Approach to MEMORY CARE  FD = Foundations Level Classes  ADV = Advanced Level Classes  PD = Parkinsons Disease  L = Live (In Person)		Chair Yoga	PDFD	Chair Yoga	Nope With .	
John Treacy 2:00-2:45 Jeanie Bryant  DAY SPONSORED BY Supernus  DAY SPONSORED BY Supernus  PARKINSON DISEASE MOVE IT OR LOSE IT Fighting with Exercise  L = Live (In Person)	-	Seated Cardio –	1:00-1:45	1:00-1:45	STATE OF THE PARTY	
Jeanie Bryant  DAY SPONSORED BY Supernus  A Better Approach to MEMORY CARE  Fighting with Exercise  L = Live (In Person)	Joelle Tunning	All	John Treacy	Therese Bibby	en e	
DAY SPONSORED BY Supernus  A Better Approach to MEMORY CARE  Key: FD = Foundations Level Classes ADV = Advanced Level Classes PD = Parkinsons Disease  L = Live (In Person)			Hands On – L/V			
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Key: FD = Foundations Level Classes ADV = Advanced Level Classes PD = Parkinsons Disease					MEMORY CARE	Fighting with Exercise
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