

2024 February		<div><div>ParkinsonCommunity Fitness</div><div>HOPE, HEALTH, ACCEPTANCE</div></div>	9687 Kenwood Road Blue Ash, Ohio 45242		(513) 793-6683		Open 10:00 – 2:00		
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1		2	
<div>Denotes Presentation or Special Event (Please Sign Up at Front Desk)</div> <div><div><div></div><div>PARKINSON DISEASE</div><div>MOVE IT OR LOSE IT</div><div>Fighting with Exercise</div></div><div><div></div><div>ACADIA</div><div>amneal</div><div>We make healthy possible</div></div></div>		<div><div></div><div>Help and Hope with Dementia</div><div>A Better Approach to MEMORY CARE</div></div>		<div><div></div><div>ACADIA</div><div>amneal</div><div>We make healthy possible</div></div>		<div>10:00–10:45 Cardio Drumming ADV Jenna Moffo 11:00–11:45 PD ADV Paige/Jenna 12:00–12:45 PD FD Paige/Jenna 12:00–12:45 Girl Talk 1:00–1:45 Cornhole Tournament John Treacy 2:00–2:45 Cognitive Skills ALL levels Jeanie Bryant</div>		<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 NO CLASS Clarissa Harmon</div>	
5		6		7		8		9	
<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>		<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>		<div>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 Strength FD Therese Bibby</div>		<div>10:00–10:45 Cardio Drumming ADV Joelle Tunning 11:00–11:45 PD ADV Paige Parkhouse 12:00–12:45 PD FD Paige Parkhouse 12:00–12:45 Girl Talk 1:00–1:45 Cornhole Tournament John Treacy 2:00–2:45 Cognitive Skills ALL levels Jeanie Bryant</div>		<div>9:00–9:45 Elite Boxing Daniel Hartoin 9:45-10:15 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 NO CLASS Clarissa Harmon</div> <div>"Love Songs" Featuring April and Brian, 4-6:00pm Valentines party and concert</div>	
12		13		Valentine's Day 14		15		16	
<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> <div>11am-2pm Ask a Nurse with Maureen Gartner</div>		<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>		<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 Strength FD April Aloisio</div> <div>12 - 2pm - Donna Burnett Counseling Services Available email directly to schedule spnrgirl@hotmail.com</div>		<div>10:00–10:45 Cardio Drumming ADV Jenna Moffo 11:00–11:45 PD ADV Paige/Jenna 12:00–12:45 PD FD Paige/Jenna 12:00–12:45 Girl Talk 1:00–1:45 Cornhole Tournament John Treacy 2:00–2:45 Cognitive Skills ALL levels Jeanie Bryant</div>		<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 NO CLASS</div> <div>1pm - Presentation and Lunch "Living with PD" Dr. Maria Ospina Sponsored by Amneal</div>	
President's Day 19		20		21		22		23	
<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> <div>7pm PleasantRidge Support Group</div>		<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>		<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 Strength FD Therese Bibby</div>		<div>10:00–10:45 Cardio Drumming ADV Joelle Tunning 11:00–11:45 PD ADV Paige Parkhouse 12:00–12:45 PD FD Paige Parkhouse 12:00–12:45 Girl Talk 1:00–1:45 Cornhole Tournament John Treacy 2:00–2:45 Cognitive Skills ALL levels Jeanie Bryant</div>		<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 NO CLASS Clarissa Harmon</div> <div>1pm Ask a Dementia Specialist with Teresa Youngstrom</div>	
26		27		28		Leap Day! 29			
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<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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