

2024 March		<div><div>Parkinson</div><div>Community 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	
<div>Denotes Presentation or Special Event (Please Sign Up at Front Desk)</div>		<div><div>Help and Hope with Dementia</div><div>A Better Approach to MEMORY CARE</div></div>		<div><div>Abbott</div><div>PARKINSON DISEASE MOVE IT OR LOSE IT Fighting with Exercise</div></div>		<div><div>Supernus<sup>®</sup></div><div>Pharmaceuticals</div><div>ACADIA<sup>™</sup></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 <div>1pm - Presentation and Lunch "More Days with Good On Time" Dr. Tara Kimbason, MD Sponsored by Supernus</div>	
4		5		6		7		8	
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		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		10:15–10:45 Floor Stretch Elite Lisa Coors 11:00–11:45 PD Elite Strength Lisa Coors 12:00–12:45 Chair Yoga FD April Aloisio 1:00–1:45 Strength FD Therese Bibby		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		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 <div>1pm - Presentation "Non-Motor Symptoms-Delusion and Hallucinations with PD"- Holly Protsman with Acadia</div>	
11		12		13		Day sponsored by Abbott Labs		14	
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>10am-1pm Ask a Nurse with Maureen Gartner</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		10:15–10:45 Floor Stretch Elite Lisa Coors 11:00–11:45 PD Elite Strength Lisa Coors 12:00–12:45 Chair Yoga FD April Aloisio 1:00–1:45 Strength FD Therese Bibby <div>12 - 2pm - Donna Burnett Counseling Services Available email directly to schedule spnrgl@hotmail.comv</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>6-8 pm - Beach Party Thing 1, Thing 2 + Food, drink &amp; FUN</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	
President's Day		18		19		20		21	
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>7pm Pleasant Ridge Support Group</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		10:15–10:45 Floor Stretch Elite Lisa Coors 11:00–11:45 PD Elite Strength Lisa Coors 12:00–12:45 Chair Yoga FD April Aloisio 1:00–1:45 NO CLASS Therese Bibby <div>1pm - Presentation and Lunch "Orthostatic Hypertension and Cognition across the syndrome of PD" Dr. Abhimanu Mahajan, MD</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		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	
25		26		27		28		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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