2024	April	Parkinson Community Fitness HOPE, HEALTH, ACCEPTANCE	9687 Kenwood Road Blue Ash, Ohio 45242	(513) 793-6683	Open 10:00 – 2:00
MOI	NDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
10:00–10:45 Jennifer Marks	Floor Stretch	10:00–10:45 Paige Parkhouse	10:15–10:45 Floor Stretch Lisa Coors Elite	10:00–10:45 Cardio Drumming Jenna Moffo ADV	9:00–9:45 Daniel Hartoin
11:00-11:45		11:00-11:45	11:00-11:45	11.00-11.45	9:45-10:15 Core on the Floor
Jennifer Marks	Elite Dance	Paige Parkhouse	Lisa Coors PD Elite Strength	Paige/Jenna PD ADV	Lisa Coors (Elite)
12:00-12:45	Chair Yoga FD	12:00-12:45 PD FD	12:00–12:45 Chair Yoga FD	12:00–12:45 PD FD	11:00–11:45 Seated Cardio -
April Aloisio	-	Paige Parkhouse	April Aloisio	Paige/Jenna	Joelle Tunning All
1:00–2:00 Jennifer Marks	Seated Cardio -	1:00–1:45 John Treacy	1:00–1:45 Therese Bibby Strength FD	12:00–12:45 Girl Talk	12:00-12:45 Strength &
Jennirer Marks	All	2:00–2:45	Inerese Bibby	1:00–1:45 Cornhole	John Treacy Stretch – All
		Jeanie Bryant		John Treacy Tournament	
				2:00–2:45 Cognitive Skills	
				Jeanie Bryant ALL levels	
40.00 40.45	8	9			12
10:00–10:45 Joelle Tunning	Floor Stretch Elite	10:00–10:45 Paige Parkhouse	10:15–10:45 Floor Stretch Lisa Coors Elite	10:00–10:45 Cardio Drumming Joelle Tunning ADV	9:00–9:45 Daniel Hartoin
11:00-11:45		11.00-11.45	11:00-11:45	11:00-11:45	9:45-10:15 Core on the Floor
Joelle Tunning	Elite Dance	PD ADV Paige Parkhouse	Lisa Coors PD Elite Strength	Paige Parkhouse PD ADV	Lisa Coors (Elite)
12:00-12:45	Chair Yoga FD	12:00–12:45 PD FD	12:00–12:45 Chair Yoga FD	12:00-12:45 PD FD	11:00–11:45 Seated Cardio -
April Aloisio	-	Paige Parkhouse	April Aloisio	Paige Parkhouse	Joelle Tunning All
1:00-2:00 Joelle Tunning	Seated Cardio –	1:00–1:45 John Treacy	1:00–1:45 Therese Bibby	12:00–12:45 Girl Talk	12:00–12:45 Strength & John Treacy Stretch – All
	-1:30pm	2:00-2:45	12 - 2pm - Donna Burnett	1:00–1:45 Cornhole	Commission - All
Ask a	a Nurse	Jeanie Bryant Hands On – L/V	Counseling Services Available	John Treacy Tournament	
with Maur	reen Gartner	Day sponsored by	email directly to schedule	2:00-2:45 Cognitive Skills	
		ACADIA	spnrgrl@hotmail.comv	Jeanie Bryant ALL levels	
TAX DAY!	15	16	17	18	19
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
Joelle Tunning	Elite	PD Elite Paige Parkhouse	Daniel Hartoin Elite	Joelle Tunning ADV	Daniel Hartoin
11:00-11:45	Elite Dance	11:00-11:45 PD ADV	11:00–11:45 PD Elite Strength	11:00-11:45 PD ADV	9:45-10:15 Core on the Floor
Joelle Tunning		Paige Parkhouse	Daniel Hartoin	Paige Parkhouse	Daniel Hartoin (Elite)
12:00–12:45 April Aloisio	Chair Yoga FD	12:00–12:45 Paige Parkhouse	12:00–12:45 April Aloisio Chair Yoga FD	12:00–12:45 Paige Parkhouse	11:00–11:45 Seated Cardio – Joelle Tunning All
1:00-2:00	Seated Cardio -	1:00–1:45 Chair Volleyball	1.00-1.45	12:00–12:45 Girl Talk	12:00–12:45 Strength &
Joelle Tunning	All	John Treacy	Therese Bibby		John Treacy Stretch - All
		2:00-2:45 Hands On - L/V		1:00–1:45 Cornhole	
	pm	Jeanie Bryant		John Treacy Tournament 2:00–2:45 Cognitive Skills	
	lidge Support	Day sponsored by: Supernus		2:00–2:45 Cognitive Skills Jeanie Bryant ALL levels	
		Supenius			
	22	23	24		26
10:00-10:45	Floor Stretch	10:00–10:45 PD Elite	10:15–10:45 Floor Stretch	10:00–10:45 Cardio Drumming	9:00-9:45 Elite Boxing
Joelle Tunning 11:00–11:45	Elite	Paige Parkhouse 11:00-11:45	Lisa Coors Elite	Joelle Tunning ADV 11:00–11:45	Lisa Coors 9:45-10:15 Core on the Floor
Joelle Tunning	Elite Dance	PD ADV Paige Parkhouse	Lisa Coors PD Elite Strength	PD ADV Paige Parkhouse	Lisa Coors (Elite)
12:00–12:45	Chair Yoga FD	12:00–12:45 PD FD	12:00–12:45 Chair Yoga FD	12:00–12:45 PD FD	11:00-11:45 Seated Cardio -
April Aloisio	-	Paige Parkhouse	April Aloisio	Paige Parkhouse	Joelle Tunning All
-	Seated Cardio -	1:00–1:45	1:00–1:45 Strength FD	12:00–12:45 Girl Talk	12:00-12:45 Strength &
1:00-2:00		Chair Volleyball	Thomas Dirty		
		John Treacy 2:00–2:45	Therese Bibby		John Treacy Stretch – All
1:00-2:00		Chair Volleyball	Therese Bibby 12 - 2pm - Donna Burnett	1:00–1:45 Cornhole John Treacy Tournament	John Treacy Stretch - All
1:00-2:00		Chair Volleyball John Treacy 2:00–2:45 Jeanie Bryant ASK A DEMENTIA	Therese Bibby 12 - 2pm - Donna Burnett Counseling Services Available email directly to schedule	1:00–1:45 Cornhole	John Ireacy Stretch - All
1:00-2:00		Chair Volleyball John Treacy 2:00–2:45 Jeanie Bryant ASK A DEMENTIA SPECIALIST	Therese Bibby 12 - 2pm - Donna Burnett Counseling Services Available	1:00–1:45 Cornhole John Treacy Tournament	John Ireacy Stretch - All
1:00-2:00	All	Chair Volleyball John Treacy 2:00–2:45 Jeanie Bryant ASK A DEMENTIA SPECIALIST Teresa Youngstrom-2pm	Therese Bibby 12 - 2pm - Donna Burnett Counseling Services Available email directly to schedule	1:00–1:45 Cornhole John Treacy Tournament 2:00–2:45 Cognitive Skills	John Ireacy Stretch - All
1:00-2:00		Chair Volleyball John Treacy 2:00–2:45 Jeanie Bryant ASK A DEMENTIA SPECIALIST Teresa Youngstrom- 2pm 30	Therese Bibby 12 - 2pm - Donna Burnett Counseling Services Available email directly to schedule	1:00–1:45 Cornhole John Treacy Tournament 2:00–2:45 Cognitive Skills	John Ireacy Stretch - All
1:00-2:00 Joelle Tunning	All 29	Chair Volleyball John Treacy 2:00–2:45 Jeanie Bryant ASK A DEMENTIA SPECIALIST Teresa Youngstrom-2pm 30	Therese Bibby 12 - 2pm - Donna Burnett Counseling Services Available email directly to schedule	1:00–1:45 Cornhole John Treacy Tournament 2:00–2:45 Cognitive Skills	PARKINSON DISEASE
1:00-2:00 Joelle Tunning 10:00-10:45 Joelle Tunning 11:00-11:45	All 29 Floor Stretch	Chair Volleyball John Treacy 2:00–2:45 Hands On – L/V ASK A DEMENTIA SPECIALIST Teresa Youngstrom-2pm 30 10:00–10:45 Paige Parkhouse 11:00–11:45 PD ADV	Therese Bibby 12 - 2pm - Donna Burnett Counseling Services Available email directly to schedule spnrgrl@hotmail.comv	1:00–1:45 Cornhole John Treacy Tournament 2:00–2:45 Cognitive Skills	
1:00-2:00 Joelle Tunning 10:00-10:45 Joelle Tunning 11:00-11:45 Joelle Tunning	All 29 Floor Stretch Elite	Chair Volleyball John Treacy 2:00–2:45 Hands On – L/V ASK A DEMENTIA SPECIALIST Teresa Youngstrom-2pm 30 10:00–10:45 Paige Parkhouse 11:00–11:45 Paige Parkhouse PD ADV	12 - 2pm - Donna Burnett         Counseiing Services Available         email directly to schedule         spnrgrl@hotmail.comv	1:00–1:45 Cornhole John Treacy Tournament 2:00–2:45 Cognitive Skills Jeanie Bryant ALL levels	PARKINSON DISEASE
1:00-2:00 Joelle Tunning 10:00-10:45 Joelle Tunning 11:00-11:45 Joelle Tunning 12:00-12:45	All 29 Floor Stretch Elite	Chair Volleyball John Treacy 2:00–2:45 Hands On – L/V ASK A DEMENTIA SPECIALIST Teresa Youngstrom-2pm 30 10:00–10:45 Paige Parkhouse 11:00–11:45 Paige Parkhouse 12:00–12:45 PD ED	Therese Bibby 12 - 2pm - Donna Burnett Counseling Services Available email directly to schedule spnrgrl@hotmail.comv	1:00–1:45 Cornhole John Treacy Tournament 2:00–2:45 Cognitive Skills Jeanie Bryant ALL levels	PARKINSON DISEASE
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1:00-2:00 Joelle Tunning 10:00-10:45 Joelle Tunning 11:00-11:45 Joelle Tunning 12:00-12:45 April Aloisio 1:00-2:00	All 29 Floor Stretch Elite Elite Dance NO CLASS Seated Cardio -	Chair Volleyball John Treacy       2:00–2:45 Jeanie Bryant     Hands On – L/V       ASK A DEMENTIA SPECIALIST Teresa Youngstrom-2pm     30       10:00–10:45 Paige Parkhouse     PD Elite       11:00–11:45 Paige Parkhouse     PD ADV       12:00–12:45 Paige Parkhouse     PD FD       10:00–145 Paige Parkhouse     PD FD       Paige Parkhouse     Chair Volleyball       John Treacy     Chair Volleyball	Therese Bibby         12 - 2pm - Donna Burnett         Counseling Services Available         email directly to schedule         spnrgrl@hotmail.comv	1:00-1:45 Comhole John Treacy Tournament 2:00-2:45 Cognitive Skills Jeanie Bryant ALL levels	PARKINSON DISEASE MOVE IT OR LOSE IT Fighting with Exercise
1:00–2:00 Joelle Tunning 10:00–10:45 Joelle Tunning 11:00–11:45 Joelle Tunning 12:00–12:45 April Aloisio 1:00–2:00	All 29 Floor Stretch Elite Elite Dance NO CLASS Seated Cardio -	Chair Volleyball       John Treacy       2:00–2:45       Jeanie Bryant       ASK A DEMENTIA SPECIALIST Teresa Youngstrom- 2pm       30       10:00–10:45       Paige Parkhouse     PD Elite       11:00–11:45     PD ADV       Paige Parkhouse     PD FD       12:00–12:45     PD FD       John Treacy     Chair Volleyball       John Treacy     2:00–2:45	Therese Bibby 12 - 2pm - Donna Burnett Counseling Services Available email directly to schedule spnrgrl@hotmail.comv All Levels Class led by Anissa Dowling Voga.for Cause All Proceeds benefit Parkinson Community Fitness SUN APRIL 28 - 10:30 AM RETBOARD BREWING COMPANY SB00 CREEK RD. BLUE ASH OHIO REDISTER AT FRETBOARD DREWING COMPANY SB00 CREEK RD. BLUE ASH OHIO REDISTER AT FRETBOARD DREWING COMPANY SB00 CREEK RD. BLUE ASH OHIO REDISTER AT	1:00-1:45 Cornhole John Treacy Tournament 2:00-2:45 Cognitive Skills Jeanie Bryant ALL levels	PARKINSON DISEASE MOVE IT OR LOSE IT Fighting with Exercise
1:00-2:00 Joelle Tunning 10:00-10:45 Joelle Tunning 11:00-11:45 Joelle Tunning 12:00-12:45 April Aloisio 1:00-2:00	All 29 Floor Stretch Elite Elite Dance NO CLASS Seated Cardio -	Chair Volleyball       John Treacy       2:00–2:45       Jeanie Bryant       ASK A DEMENTIA SPECIALIST Teresa Youngstrom- 2pm       30       10:00–10:45       Paige Parkhouse     PD Elite       11:00–11:45     PD ADV       Paige Parkhouse     PD FD       12:00–12:45     PD FD       John Treacy     Chair Volleyball       John Treacy     Chair Volleyball       John Treacy     Hands On – L/V	All Levels Class led by Anissa Dowling Voga / Jorgen Community All Levels Class led by Anissa Dowling Voga / Jorgen Community Cause All Proceeds benefit Parkinson Community Fitness SUN APRIL 28 • 10:30 AM FRETBOARD BREWING COMPANY SB00 CREEK RD. BLUE ASH OHIO PROTBOARD SCHER AT FRETBOARDY OGA. EVENTBRITE. COM SIO SUGGESTED DONATION	1:00-1:45 Cornhole John Treacy Tournament 2:00-2:45 Cognitive Skills Jeanie Bryant ALL levels	PARKINSON DISEASE MOVELT OR LOSE IT Fighting with Exercise Denotes Presentation or Special Event (Please Sign Up at Front Desk)

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