

2024 April



9687 Kenwood Road
Blue Ash, Ohio 45242

(513) 793-6683

Open 10:00 – 2:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>1</p> <p>10:00–10:45 Floor Stretch Elite Jennifer Marks</p> <p>11:00–11:45 Elite Dance Jennifer Marks</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–2:00 Seated Cardio – All Jennifer Marks</p>	<p>2</p> <p>10:00–10:45 PD Elite Paige Parkhouse</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>1:00–1:45 Chair Volleyball John Treacy</p> <p>2:00–2:45 Hands On – L/V Jeanie Bryant</p>	<p>3</p> <p>10:15–10:45 Floor Stretch Elite Lisa Coors</p> <p>11:00–11:45 PD Elite Strength Lisa Coors</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–1:45 Strength FD Therese Bibby</p>	<p>4</p> <p>10:00–10:45 Cardio Drumming ADV Jenna Moffo</p> <p>11:00–11:45 PD ADV Paige/Jenna</p> <p>12:00–12:45 PD FD Paige/Jenna</p> <p>12:00–12:45 Girl Talk</p> <p>1:00–1:45 Cornhole Tournament John Treacy</p> <p>2:00–2:45 Cognitive Skills ALL levels Jeanie Bryant</p>	<p>5</p> <p>9:00–9:45 Elite Boxing Daniel Hartoin</p> <p>9:45–10:15 Core on the Floor (Elite) Lisa Coors</p> <p>11:00–11:45 Seated Cardio – All Joelle Tunning</p> <p>12:00–12:45 Strength & Stretch – All John Treacy</p>	
<p>8</p> <p>10:00–10:45 Floor Stretch Elite Joelle Tunning</p> <p>11:00–11:45 Elite Dance Joelle Tunning</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–2:00 Seated Cardio – All Joelle Tunning</p> <p>11am-1:30pm Ask a Nurse with Maureen Gartner</p>	<p>9</p> <p>10:00–10:45 PD Elite Paige Parkhouse</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>1:00–1:45 Chair Volleyball John Treacy</p> <p>2:00–2:45 Hands On – L/V Jeanie Bryant</p> <p>Day sponsored by ACADIA</p>	<p>10</p> <p>10:15–10:45 Floor Stretch Elite Lisa Coors</p> <p>11:00–11:45 PD Elite Strength Lisa Coors</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–1:45 Strength FD Therese Bibby</p> <p>12 - 2pm - Donna Burnett Counseling Services Available email directly to schedule spnrgri@hotmail.comv</p>	<p>11</p> <p>10:00–10:45 Cardio Drumming ADV Joelle Tunning</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>12:00–12:45 Girl Talk</p> <p>1:00–1:45 Cornhole Tournament John Treacy</p> <p>2:00–2:45 Cognitive Skills ALL levels Jeanie Bryant</p>	<p>12</p> <p>9:00–9:45 Elite Boxing Daniel Hartoin</p> <p>9:45–10:15 Core on the Floor (Elite) Lisa Coors</p> <p>11:00–11:45 Seated Cardio – All Joelle Tunning</p> <p>12:00–12:45 Strength & Stretch – All John Treacy</p>	
<p>15</p> <p>TAX DAY!</p> <p>10:00–10:45 Floor Stretch Elite Joelle Tunning</p> <p>11:00–11:45 Elite Dance Joelle Tunning</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–2:00 Seated Cardio – All Joelle Tunning</p> <p>7pm Pleasant Ridge Support Group</p>	<p>16</p> <p>10:00–10:45 PD Elite Paige Parkhouse</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>1:00–1:45 Chair Volleyball John Treacy</p> <p>2:00–2:45 Hands On – L/V Jeanie Bryant</p> <p>Day sponsored by: Supemus</p>	<p>17</p> <p>10:15–10:45 Floor Stretch Elite Daniel Hartoin</p> <p>11:00–11:45 PD Elite Strength Daniel Hartoin</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–1:45 Strength FD Therese Bibby</p>	<p>18</p> <p>10:00–10:45 Cardio Drumming ADV Joelle Tunning</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>12:00–12:45 Girl Talk</p> <p>1:00–1:45 Cornhole Tournament John Treacy</p> <p>2:00–2:45 Cognitive Skills ALL levels Jeanie Bryant</p>	<p>19</p> <p>9:00–9:45 Elite Boxing Daniel Hartoin</p> <p>9:45–10:15 Core on the Floor (Elite) Daniel Hartoin</p> <p>11:00–11:45 Seated Cardio – All Joelle Tunning</p> <p>12:00–12:45 Strength & Stretch – All John Treacy</p>	
<p>22</p> <p>10:00–10:45 Floor Stretch Elite Joelle Tunning</p> <p>11:00–11:45 Elite Dance Joelle Tunning</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–2:00 Seated Cardio – All Joelle Tunning</p>	<p>23</p> <p>10:00–10:45 PD Elite Paige Parkhouse</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>1:00–1:45 Chair Volleyball John Treacy</p> <p>2:00–2:45 Hands On – L/V Jeanie Bryant</p> <p>ASK A DEMENTIA SPECIALIST Teresa Youngstrom-2pm</p>	<p>24</p> <p>10:15–10:45 Floor Stretch Elite Lisa Coors</p> <p>11:00–11:45 PD Elite Strength Lisa Coors</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–1:45 Strength FD Therese Bibby</p> <p>12 - 2pm - Donna Burnett Counseling Services Available email directly to schedule spnrgri@hotmail.comv</p>	<p>25</p> <p>10:00–10:45 Cardio Drumming ADV Joelle Tunning</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>12:00–12:45 Girl Talk</p> <p>1:00–1:45 Cornhole Tournament John Treacy</p> <p>2:00–2:45 Cognitive Skills ALL levels Jeanie Bryant</p>	<p>26</p> <p>9:00–9:45 Elite Boxing Lisa Coors</p> <p>9:45–10:15 Core on the Floor (Elite) Lisa Coors</p> <p>11:00–11:45 Seated Cardio – All Joelle Tunning</p> <p>12:00–12:45 Strength & Stretch – All John Treacy</p>	
<p>29</p> <p>10:00–10:45 Floor Stretch Elite Joelle Tunning</p> <p>11:00–11:45 Elite Dance Joelle Tunning</p> <p>12:00–12:45 NO CLASS April Aloisio</p> <p>1:00–2:00 Seated Cardio – All Joelle Tunning</p>	<p>30</p> <p>10:00–10:45 PD Elite Paige Parkhouse</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>1:00–1:45 Chair Volleyball John Treacy</p> <p>2:00–2:45 Hands On – L/V Clarissa Harmon</p>	<p>All Levels Class led by Anissa Dowling</p> <p>Yoga for a Parkinson Cause</p> <p>Community Fitness HOPE, HEALTH, ACCEPTANCE</p> <p>yoga friends fun charity</p> <p>cincinnati charity movement</p> <p>SUN APRIL 28 • 10:30 AM</p> <p>FRETBOARD BREWING COMPANY 5800 CREEK RD. BLUE ASH OHIO</p> <p>REGISTER AT FRETBOARDYOGA.EVENTBRITE.COM</p> <p>\$10 SUGGESTED DONATION</p>			<p>PARKINSON DISEASE MOVE IT OR LOSE IT</p> <p>Fighting with Exercise</p> <p>Denotes Presentation or Special Event (Please Sign Up at Front Desk)</p>
<p>Key: FD = Foundations Level Classes ADV = Advanced Level Classes PD = Parkinsons Disease L = Live (In Person) V = Virtual (Connect via video link)</p>					

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