2024 May	Community Fitness HOPE, HEALTH, ACCEPTANCE	9687 Kenwood Road Blue Ash, Ohio 45242	(513) 793-6683	Open 10:00 – 2:00
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PARKINSON DISEASE MOVE IT OR LOSE IT Fighting with Exercise	CINCINNATI REHABILITATION HOSPITAL at BLUE ASH	10:15-10:45 Floor Stretch Lisa Coors Elite 11:00-11:45 PD Elite Strength Lisa Coors 12:00-12:45 Chair Yoga FD	10:00–10:45 Cardio Drumming Joelle Tunning ADV 11:00–11:45 Paige Parkhouse 12:00–12:45 PD FD	9:00-9:45 Daniel Hartoin 9:45-10:15 Lisa Coors (Elite) 11:00-11:45 Seated Cardio -
A Better Approach to MEMORY CARE Denotes Presentation or Special Event	ACADIA amneal We make healthy possible	John Treacy 1:00–1:45 Therese Bibby Strength FD	Paige Parkhouse 12:00–12:45 Girl Talk 1:00–1:45 Cornhole John Treacy 2:00–2:45 Cognitive Skills Jeanie Bryant ALL levels	Joelle Tunning All 12:00–12:45 Strength & Stretch – All
(Please Sign Up at Front Desk)	Pharmaceuticals			
10:00-10:45 Floor Stretch	Day sponsored by ACADIA 7 10:00–10:45	10:15-10:45 Floor Stretch	9 10:00–10:45 Cardio Drumming	9:00–9:45
Joelle Tunning Elite 11:00–11:45 Joelle Tunning 12:00–12:45 April Aloisio 1:00–2:00 Seated Cardio –	Paige Parkhouse 11:00–11:45 Paige Parkhouse 12:00–12:45 Paige Parkhouse 1:00–1:45 Chair Volleyball	Lisa Coors 11:00–11:45 Lisa Coors 12:00–12:45 April Aloisio 1:00–1:45 Strength FD	Jenna Moffo 11:00–11:45 Paige/Jenna 12:00–12:45 Paige/Jenna 12:00–12:45 Girl Talk	Daniel Hartoin 9:45-10:15 Lisa Coors 11:00-11:45 Joelle Tunning 12:00-12:45 Strength &
Joelle Tunning All	John Treacy 2:00–2:45 Jeanie Bryant Hands On – L/V	Therese Bibby 12 - 3pm - 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	John Treacy Stretch – All 1pm-Summit Home Health Care- Lunch and presentation
13	14	15	16	Day sponsored by AMNEAL 17
10:00–10:45 Joelle Tunning 11:00–11:45 Joelle Tunning 12:00–12:45 April Aloisio 1:00–2:00 Seated Cardio –	10:00–10:45 Paige Parkhouse 11:00–11:45 Paige Parkhouse 12:00–12:45 Paige Parkhouse 1:00–1:45	10:15–10:45 Lisa Coors 11:00–11:45 Lisa Coors 12:00–12:45 April Aloisio 1:00–1:45 April Aloisio	10:00–10:45 Cardio Drumming Joelle Tunning ADV 11:00–11:45 Paige Parkhouse 12:00–12:45 Paige Parkhouse 12:00–12:45 Girl Talk	9:00-9:45 Therese Bibby 9:45-10:15 Core on the Floor Therese Bibby 11:00-11:45 Joelle Tunning 12:00-12:45 Strength &
Joelle Tunning All 11am-1:00pm Ask a Nurse with Maureen Gartner	John Treacy 2:00–2:45 Jeanie Bryant Hands On – L/V	Therese Bibby Strength FD	1:00-1:45 Cornhole John Treacy Tournament 2:00-2:45 Cognitive Skills Jeanie Bryant ALL levels	John Treacy Stretch - All
10:00-10:45 Floor Stretch	10:00_10:45	Day sponsored by Supernus 22 10:15–10:45 Floor Stretch	10:00–10:45 Cardio Drumming	9:00-9:45
Joelle Tunning 11:00–11:45 Joelle Tunning 12:00–12:45 April Aloisio 1:00–2:00 Seated Cardio – All	Paige Parkhouse 11:00–11:45 Paige Parkhouse 12:00–12:45 Paige Parkhouse 1:00–1:45 John Treacy	Lisa Coors 11:00–11:45 Lisa Coors 12:00–12:45 April Aloisio 1:00–1:45 Therese Bibby Elite PD Elite Strength Chair Yoga FD NO CLASS	Joelle Tunning 11:00–11:45 Paige Parkhouse 12:00–12:45 Paige Parkhouse 12:00–12:45 Girl Talk 1:00–1:45 Cornhole	Therese Bibby 9:45-10:15
7pm Pleasant Ridge Support Group	2:00–2:45 Jeanie Bryant 2pm Ask a Dementia Specialist	10:30am-12:30pmDonna Burnett Counseling Services Available 1pm- Presentation and lunch Dr. Amir Zaidi	John Treacy 2:00-2:45 Cognitive Skills Jeanie Bryant ALL levels	1pm-Cincinnati Rehabilitation Hospital - Lunch and presentation
CLOSED 27	with Teresa Youngstrom 28	UC Gardner Neuroscience 29	30	31
MEMORIAL =:: DAY ::= REMEMBER 6 HONOR	10:00–10:45 Paige Parkhouse 11:00–11:45 Paige Parkhouse 12:00–12:45 Paige Parkhouse 1:00–1:45 John Treacy 2:00–2:45 Jeanie Bryant PD Elite PD ADV Chair Volleyball Hands On – L/V	10:15–10:45 Lisa Coors 11:00–11:45 Lisa Coors 12:00–12:45 April Aloisio 1:00–1:45 Therese Bibby Floor Stretch Eite PD Elite Strength Chair Yoga FD Strength FD	10:00–10:45 Cardio Drumming Joelle Tunning ADV 11:00–11:45 PD ADV 12:00–12:45 Paige Parkhouse 12:00–12:45 Girl Talk 1:00–1:45 Cornhole John Treacy Tournament	9:00–9:45 Therese Bibby 9:45-10:15 Core on the Floor Therese Bibby 11:00–11:45 Joelle Tunning 12:00–12:45 John Treacy Stretch – All
Key: FD = Foundations L	evel Classes ADV = Advanced Le	evel Classes PD = Parkinsons Dis	2:00-2:45	. via video link)

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