

2024 June		<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	
3		4		5		6		7	
10:00–10:45	Floor Stretch Jennifer Marks Elite	10:00–10:45	PD Elite Paige Parkhouse	10:15–10:45	Floor Stretch Lisa Coors Elite	10:00–10:45	Cardio Joelle Tunning Drumming ADV	9:00–9:45	Elite Boxing Therese Bibby
11:00–11:45	Elite Dance Jennifer Marks	11:00–11:45	PD ADV Paige Parkhouse	11:00–11:45	PD Elite Lisa Coors Strength	11:00–11:45	PD ADV Paige Parkhouse	9:45–10:15	Core on the Therese Bibby Floor (Elite)
12:00–12:45	Chair Yoga FD April Aloisio	12:00–12:45	PD FD Paige Parkhouse	12:00–12:45	Chair Yoga FD John Treacy	12:00–12:45	PD FD Paige Parkhouse	11:00–11:45	Seated Cardio Joelle Tunning – All
1:00–2:00	Seated Cardio Jennifer Marks – All	1:00–1:45	Chair Volleyball John Treacy	1:00–1:45	Strength FD Therese Bibby	12:00–12:45	Girl Talk	12:00–12:45	Strength & John Treacy Stretch – All
		2:00–2:45	Hands On – L/V Jeanie Bryant			1:00–1:45	Cornhole John Treacy Tournament		
						2:00–2:45	Cognitive Skills Jeanie Bryant ALL levels		
10		11		12		13		14	
10:00–10:45	Floor Stretch Joelle Tunning Elite	10:00–10:45	PD Elite Paige Parkhouse	10:15–10:45	Floor Stretch Lisa Coors Elite	10:00–10:45	Cardio Joelle Tunning Drumming ADV	9:00–9:45	Elite Boxing Therese Bibby
11:00–11:45	Elite Dance Joelle Tunning	11:00–11:45	PD ADV Paige Parkhouse	11:00–11:45	PD Elite Lisa Coors Strength	11:00–11:45	PD ADV Paige Parkhouse	9:45–10:15	Core on the Therese Bibby Floor (Elite)
12:00–12:45	Chair Yoga FD April Aloisio	12:00–12:45	PD FD Paige Parkhouse	12:00–12:45	Chair Yoga FD April Aloisio	12:00–12:45	PD FD Paige Parkhouse	11:00–11:45	Seated Cardio Joelle Tunning – All
1:00–2:00	Seated Cardio Joelle Tunning – All	1:00–1:45	Chair Volleyball John Treacy	1:00–1:45	Strength FD Therese Bibby	12:00–12:45	Girl Talk	12:00–12:45	Strength & John Treacy Stretch – All
11am-1:00pm Ask a Nurse with Maureen Gartner		2:00–2:45	Hands On – L/V Jeanie Bryant	12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule spnrgl@hotmail.comv		1:00–1:45	Cornhole John Treacy Tournament	1pm Presentation and Lunch Attorney: Olivia Smith Estate planning pitfalls	
						2:00–2:45	Cognitive Skills Clarissa Harmon ALL levels		
17		18		19		20		21	
10:00–10:45	Floor Stretch Joelle Tunning Elite	10:00–10:45	PD Elite Paige Parkhouse	10:15–10:45	Floor Stretch Lisa Coors Elite	10:00–10:45	Cardio Joelle Tunning Drumming ADV	9:00–9:45	Elite Boxing Therese Bibby
11:00–11:45	Elite Dance Joelle Tunning	11:00–11:45	PD ADV Paige Parkhouse	11:00–11:45	PD Elite Lisa Coors Strength	11:00–11:45	PD ADV Paige Parkhouse	9:45–10:15	Core on the Therese Bibby Floor (Elite)
12:00–12:45	Chair Yoga April Aloisio	12:00–12:45	PD FD Paige Parkhouse	12:00–12:45	Chair Yoga FD April Aloisio	12:00–12:45	PD FD Paige Parkhouse	11:00–11:45	Seated Cardio Joelle Tunning – All
1:00–2:00	Seated Cardio Joelle Tunning – All	1:00–1:45	Chair Volleyball John Treacy	1:00–1:45	Strength FD Therese Bibby	12:00–12:45	Girl Talk	12:00–12:45	Strength & John Treacy Stretch – All
7pm Pleasant Ridge Support Group		2:00–2:45	Hands On – L/V Jeanie Bryant			1:00–1:45	Cornhole John Treacy Tournament		
		2pm Ask a Dementia Specialist with Teresa Youngstrom				2:00–2:45	Cognitive Skills Jeanie Bryant ALL levels		
24		25		26		27		28	
10:00–10:45	Floor Stretch Joelle Tunning Elite	10:00–10:45	PD Elite Paige Parkhouse	10:15–10:45	Floor Stretch Lisa Coors Elite	10:00–10:45	NO CLASS Joelle Tunning	9:00–9:45	Elite Boxing Lisa Coors
11:00–11:45	Elite Dance Joelle Tunning	11:00–11:45	PD ADV Paige Parkhouse	11:00–11:45	PD Elite Lisa Coors Strength	11:00–11:45	PD ADV Paige Parkhouse	9:45–10:15	Core on the Lisa Coors Floor (Elite)
12:00–12:45	Chair Yoga FD April Aloisio	12:00–12:45	PD FD Paige Parkhouse	12:00–12:45	Chair Yoga FD April Aloisio	12:00–12:45	PD FD Paige Parkhouse	11:00–11:45	Seated Cardio Joelle Tunning – All
1:00–2:00	Seated Cardio Joelle Tunning – All	1:00–1:45	Chair Volleyball John Treacy	1:00–1:45	NO CLASS Therese Bibby	12:00–12:45	Girl Talk	12:00–12:45	Strength & John Treacy Stretch – All
		2:00–2:45	Hands On – L/V Jeanie Bryant	10:30am-12:30pmDonna Burnett Counseling Services Available		1:00–1:45	Cornhole John Treacy Tournament		
				1pm- Presentation and Lunch Dr. Luca Marsili UCGNI		2:00–2:45	Cognitive Skills Jeanie Bryant ALL levels		
<div><div><div>Supernus®</div><div>Pharmaceuticals</div><div>Olivia K. Smith</div><div>OKS</div><div>Attorney at Law</div></div></div>				<div><div><div>CINCINNATI</div><div>REHABILITATION HOSPITAL</div><div>at BLUE ASH</div></div></div>		<div><div><div>Help and Hope with Dementia</div><div>A Better Approach to</div><div>MEMORY CARE</div></div></div>		<div><div><div><div></div><div></div><div></div></div><div>PARKINSON DISEASE</div><div>MOVE IT</div><div>OR LOSE IT</div><div>Fighting with Exercise</div></div></div>	
Key:		FD = Target Foundations Open to All		ADV = Target Advanced Open to Elite		Elite = Only Elite		PD = Parkinsons Disease	
								L = Live (In Person) V = Virtual (Connect via video link)	



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