2024	June	Parkinson Community Fitness HOPE, HEALTH, ACCEPTANCE	9687 Kenwood Road Blue Ash, Ohio 45242	(513) 793-6683	Open 10:00 – 2:00
MO	NDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00–10:45 Jennifer Marks	Floor Stretch Elite	10:00–10:45 Paige Parkhouse PD Elite	5 10:15–10:45 Floor Stretch Lisa Coors Elite	6 10:00–10:45 Cardio Joelle Tunning Drumming ADV	9:00–9:45 Therese Bibby Elite Boxing
11:00-11:45 Jennifer Marks	Elite Dance	11:00–11:45 Paige Parkhouse PD ADV	11:00–11:45 PD Elite Lisa Coors Strength	11:00–11:45 Paige Parkhouse PD ADV	9:45-10:15 Core on the Therese Bibby Floor (Elite)
12:00-12:45 April Aloisio	Chair Yoga FD	12:00–12:45 Paige Parkhouse PD FD	12:00–12:45 John Treacy Chair Yoga FD	12:00–12:45 Paige Parkhouse PD FD	11:00–11:45 Seated Cardio Joelle Tunning – All
1:00-2:00 Jennifer Marks	Seated Cardio – All	1:00-1:45 John Treacy Chair Volleyball	1:00-1:45 Therese Bibby: Strength FD	12:00-12:45 Girl Talk	12:00–12:45 Strength & John Treacy Stretch – All
		2:00–2:45 Jeanie Bryant Hands On – L/V		1:00–1:45 Cornhole John Treacy Tournament 2:00–2:45 Cognitive Skills	
				Jeanle Bryant ALL levels	
10:00-10:45	10 Floor Stretch	11 10:00–10:45 PD Elite	12 10:15–10:45 Floor Stretch	13 10:00–10:45 Cardio	FLAG DAY 14 9:00-9:45 Elite Boxing
Joelle Tunning 11:00-11:45	Elite	Paige Parkhouse	Lisa Coors Elite 11:00–11:45 PD Elite	Joelle Tunning Drumming ADV	Therese Bibby 9:45-10:15 Core on the
Joelle Tunning 12:00-12:45	Elite Dance	Paige Parkhouse PD ADV	Lisa Coors Strength	Paige Parkhouse PD ADV 12:00–12:45 DD ED	Therese Bibby Floor (Elite) 11:00-11:45 Seated Cardio
April Aloisio 1:00–2:00	Chair Yoga FD Seated Cardio	PD FD Paige Parkhouse 1:00-1:45	April Aloisio Chair Yoga FD	Paige Parkhouse PD FD 12:00-12:45 Girl Talk	Joelle Tunning – All 12:00–12:45 Strength &
Joelle Tunning	– All	John Treacy 2:00–2:45	Therese Bibby	1:00-1:45 Comhole	John Treacy Stretch – All
Ask	-1:00pm a Nurse reen Gartner	Jeanie Bryant Hands On – L/V	12 - 3pm - Donna Burnett Counseling Services Available	John Treacy Tournament 2:00–2:45 Cognitive Skills	1pm Presentation and Lunch Attorney: Olivia Smith Estate planning pitfalls
with Math			email directly to schedule spnrgrl@hotmail.comv	Clarissa Harmon ALL levels	
	17	18	JUNETEENTH 19	-	21
10:00–10:45 Joelle Tunning	Floor Stretch Elite	10:00–10:45 Paige Parkhouse PD Elite	10:15–10:45 Floor Stretch Lisa Coors Elite	10:00–10:45 Cardio Joelle Tunning Drumming ADV	9:00–9:45 Therese Bibby Elite Boxing
11:00–11:45 Joelle Tunning	Elite Dance	11:00–11:45 Paige Parkhouse PD ADV	11:00–11:45 PD Elite Lisa Coors Strength	11:00–11:45 Paige Parkhouse PD ADV	9:45-10:15 Core on the Therese Bibby Floor (Elite)
12:00–12:45 April Aloisio	Chair Yoga	12:00–12:45 Paige Parkhouse PD FD	12:00–12:45 April Aloisio Chair Yoga FD	12:00–12:45 Paige Parkhouse PD FD	11:00–11:45 Seated Cardio Joelle Tunning – All
1:00-2:00 Joelle Tunning	Seated Cardio – All	1:00–1:45 John Treacy Chair Volleyball	1:00–1:45 Therese Bibby Strength FD	12:00-12:45 Girl Talk	12:00–12:45 Strength & John Treacy Stretch – All
		2:00–2:45 Jeanie Bryant Hands On – L/V		1:00-1:45 Cornhole John Treacy Tournament	
Pleasant F	7pm Ridge Support roup	2pm Ask a Dementia Specialist with Teresa Youngstrom		2:00-2:45 Cognitive Skills Jeanie Bryant ALL levels	
10:00-10:45	24 Floor Stretch	10.00 10.15	26 10:15–10:45 Floor Stretch	Day Sponsor-Cincinnati Rehab Hospital 27 10:00–10:45	28 9:00–9:45 D
Joelle Tunning 11:00-11:45	Elite	PD EIIte Paige Parkhouse	Lisa Coors Elite	Joelle Tunning	Lisa Coors 9:45-10:15 Core on the
Joelle Tunning	Elite Dance	PD ADV Paige Parkhouse	Lisa Coors Strength	Paige Parkhouse	Lisa Coors Floor (Elite) 11:00–11:45 Seated Cardio
April Aloisio 1:00–2:00	Chair Yoga FD Seated Cardio	Paige Parkhouse	April Aloisio	Paige Parkhouse PD FD 12:00–12:45 Girl Talk	Joelle Tunning – All 12:00–12:45 Strength &
Joelle Tunning	– All	John Treacy 2:00-2:45	Therese Bibby	1:00-1:45 Comhole	John Treacy Stretch – All
		Jeanie Bryant Hands On – L/V	10:30am-12:30pmDonna Burnett Counseling Services Available	John Treacy Tournament 2:00-2:45 Cognitive Skills	
			1pm- Presentation and Lunch Dr. Luca Marsili UCGNI	Jeanie Bryant ALL levels	
	C				
	Sup	ernus [®] Pharmaceuticals		Nope with D	Parkinson Disease MOVE IT
				Helps	OR LOSE IT Fighting with Exercise
	Olivia k	K. Smith	CINCINNAII REHABILITATION HOSPITAL	A Botton Approach to	
			at BLUE ASH	A Better Approach to MEMORY CARE	Denotes Presentation or Special Event (Please Sign Up at Front Desk)
		ey at Law			
	FD = Target F	oundations ADV = Targe	Elite = O	PD = Parkinsons	L = Live (In Person)

Thanks to our ADVERTISING SPONSORS IR LOCK Abbott A C A D I A North SideBar k **General Electric Credit Union** AND TRUST COMPANY Right ARE A Better Approach to **MEMORY CARE** In Home Care & Assistance CONNECTIONS *waCare* **SUMMIT** REHABILITATION HOME CARE The Power of Physical Therapy™ Olivia K. Smith rnus® uper Pharmaceuticals Attorney at Law COMMERCIAL nneal $\Xi \land$ ar MANC We make healthy possible WMKV 3_{EM} REHABILITATION HOSPITAL