2024	July	Parkinson Community Fitness HOPE, HEALTH, ACCEPTANCE	9687 Kenwood Road Blue Ash, Ohio 45242	(513) 793-6683	Open 10:00 – 2:00
MC	ONDAY	TUESDAY 2	WEDNESDAY	THURSDAY	FRIDAY
10:00-10:45 Joelle Tunnina	Floor Stretch Elite	10:00-10:45 Jennifer Marks	10:15–10:45 Floor Stretch Lisa Coors Elite	/,	/ .
11:00–11:45 Joelle Tunning	Elite Dance	11:00–11:45 Jennifer Marks	11:00–11:45 PD Elite Lisa Coors Strength	PCF CLOSED	PCF CLOSED
12:00–12:45 April Aloisio	Chair Yoga FD	12:00–12:45 Jennifer Marks	12:00–12:45 April Aloisio Chair Yoga FD	HAPPY	HAPPY
1:00-2:00 Joelle Tunning	Seated Cardio – All	1:00–1:45 John Treacy Chair Volleyball	1:00–1:45 Therese Bibby	* 4TH OF JULY ****** INDEPENDENCE DAY	4TH OF JULY
		2:00-2:45 Jeanie Bryant Hands On – L/V			
	8	9	10	Day sponsored by Abbott Labs 11	
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
11:00-11:45	Elite Dance	11:00-11:45 PD ADV	11:00-11:45 PD Elite	11:00–11:45 PD ADV	9:45-10:15 NO CLASS
Joelle Tunning 12:00–12:45	Chair Yoga FD	12:00–12:45 PD FD	Lisa Coors Strength 12:00–12:45 Chair Yoga FD	Paige Parkhouse 12:00-12:45 PD FD	Therese Bibby 11:00–11:45 Seated Cardio
April Aloisio 1:00–2:00	Seated Cardio	Paige Parkhouse 1:00–1:45 Chair Volleyball	April Aloisio 1:00–1:45 Strength FD	Paige Parkhouse 12:00–12:45 Girl Talk	Joelle Tunning — All 12:00–12:45 Strength &
Joelle Tunning	– All	John Treacy 2:00–2:45 Hands On – L/V	Therese Bibby	1:00-1:45 Cornhole	John Treacy Stretch – All
		Jeanie Bryant 2pm- Ask a Dementia Specialist with Teresa Youngstrom	12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule spnrgrl@hotmail.comv	John Treacy Tournament 2:00–2:45 Cognitive Skills Jeanie Bryant ALL levels	1pm- Presentation by Dr. Marsha Smith, Riverhills
	15		17	18	
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
11:00-11:45 Joelle Tunning	Elite Dance	11:00-11:45 Paige Parkhouse	11:00-11:45 PD Elite Lisa Coors Strength	11:00–11:45 Paige Parkhouse	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	12:00–12:45 John Treacy Chair Yoga FD	12:00–12:45 Paige Parkhouse	11:00–11:45 Seated Cardio
1:00–2:00 Joelle Tunning	Seated Cardio	1:00–1:45 John Treacy Chair Volleyball	1:00-1:45 Therese Bibby Therese Bibby	12:00–12:45 Girl Talk	12:00–12:45 Strength & John Treacy Stretch – All
occurs ranning	<u> - - - - - - - - - - - - - - - - - - -</u>	2:00–2:45 Jeanie Bryant Hands On – L/V		1:00–1:45 Cornhole John Treacy Tournament	Circlett yill
7pm Pleasant Ridge Support Group		ocano si yan		2:00–2:45 Cognitive Skills Jeanie Bryant ALL levels	
		Day sponsored by Cinci Rehab Hospital 23	24	1 25	
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
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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
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	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	, 50000.71
	29	Day sponsored by Supernus 30	spingriemothian.comv		Nobe with v
10:00-10:45	Floor Stretch	10:00–10:45 PD Flite	10:15-10:45 Floor Stretch	Supernus® Pharmaceuticals	
11:00–11:45	Elite Dance	Paige Parkhouse 11:00–11:45 Paige Parkhouse PD ADV	Lisa Coors Elite 11:00–11:45 PD Elite Lisa Coors Strangth	A C A D I A	A Better Approach to
12:00–12:45	Chair Yoga FD	Paige Parkhouse 12:00–12:45 PD FD	Lisa Coors Strength 12:00-12:45 Chair Yoga FD	ACADIA	MEMORY CARE PARKINSON DISEAS
April Aloisio 1:00-2:00 Joelle Tunning	Seated Cardio – All	Paige Parkhouse 1:00–1:45 John Treacy Chair Volleyball	April Aloisio 1:00–1:45 Therese Bibby Strength FD	CINCINNATI REHABILITATION HOSPITAL at BLUE ASH	MOVE I
<u> </u>		2:00-2:45 Jeanie Bryant Hands On – L/V		Abbott	Denotes Presentation or Special Event
	Teageacaaaaaaaa				(Please Sign Up at Front Desk)
Key:	FD = Target Founda	ations Open to All ADV = Target Advan	ced Open to Elite = C	Only Elite PD = Parkinsons Disease	L = Live (In Person) V = Virtual (Connect via video lin

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