

2024 July



9687 Kenwood Road
Blue Ash, Ohio 45242

(513) 793-6683

Open 10:00 – 2:00

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
10:00–10:45 Joelle Tunning Floor Stretch Elite	10:00–10:45 Jennifer Marks PD Elite	10:15–10:45 Lisa Coors Floor Stretch Elite							
11:00–11:45 Joelle Tunning Elite Dance	11:00–11:45 Jennifer Marks PD ADV	11:00–11:45 Lisa Coors PD Elite Strength							
12:00–12:45 April Aloisio Chair Yoga FD	12:00–12:45 Jennifer Marks PD FD	12:00–12:45 April Aloisio Chair Yoga FD							
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							
	2:00–2:45 Jeanie Bryant Hands On – L/V								
8		9		10		11		12	
10:00–10:45 Joelle Tunning Floor Stretch Elite	10:00–10:45 Paige Parkhouse PD Elite	10:15–10:45 Lisa Coors Floor Stretch Elite	12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule spnrgri@hotmail.com		10:00–10:45 Joelle Tunning Cardio Drumming ADV	Day sponsored by Abbott Labs		9:00–9:45 Therese Bibby NO CLASS	
11:00–11:45 Joelle Tunning Elite Dance	11:00–11:45 Paige Parkhouse PD ADV	11:00–11:45 Lisa Coors PD Elite Strength			11:00–11:45 Paige Parkhouse PD ADV			9:45–10:15 Therese Bibby NO CLASS	
12:00–12:45 April Aloisio Chair Yoga FD	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 Joelle Tunning Seated Cardio – 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 Paige Parkhouse Girl Talk			12:00–12:45 John Treacy Strength & Stretch – All	
	2:00–2:45 Jeanie Bryant Hands On – L/V				1:00–1:45 John Treacy Cornhole Tournament			1pm- Presentation by Dr. Marsha Smith, Riverhills	
	2pm- Ask a Dementia Specialist with Teresa Youngstrom				2:00–2:45 Jeanie Bryant Cognitive Skills ALL levels				
15		16		17		18		19	
Day sponsored by Acadia		10:00–10:45 Paige Parkhouse PD Elite	10:15–10:45 Lisa Coors Floor Stretch Elite	10:00–10:45 Joelle Tunning Cardio Drumming ADV	9:00–9:45 Therese Bibby Elite Boxing				
10:00–10:45 Joelle Tunning Floor Stretch Elite	11:00–11:45 Paige Parkhouse PD ADV	11:00–11:45 Lisa Coors PD Elite Strength	11:00–11:45 Paige Parkhouse PD ADV	11:00–11:45 Paige Parkhouse PD ADV	9:45–10:15 Therese Bibby Core on the Floor (Elite)				
11:00–11:45 Joelle Tunning Elite Dance	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	12:00–12:45 Paige Parkhouse PD FD	11:00–11:45 Joelle Tunning Seated Cardio – All				
12:00–12:45 April Aloisio Chair Yoga	1:00–1:45 John Treacy Chair Volleyball	1:00–1:45 Therese Bibby Strength FD	1:00–1:45 Therese Bibby Strength FD	12:00–12:45 Paige Parkhouse Girl Talk	12:00–12:45 John Treacy Strength & Stretch – All				
1:00–2:00 Joelle Tunning Seated Cardio – All	2:00–2:45 Jeanie Bryant Hands On – L/V			1:00–1:45 John Treacy Cornhole Tournament					
				2:00–2:45 Jeanie Bryant Cognitive Skills ALL levels					
7pm Pleasant Ridge Support Group									
22		23		24		25		26	
Day sponsored by Cinci Rehab Hospital		10:00–10:45 Paige Parkhouse PD Elite	10:15–10:45 Lisa Coors Floor Stretch Elite	10:00–10:45 Joelle Tunning Cardio Drumming ADV	9:00–9:45 Therese Bibby Elite Boxing				
10:00–10:45 Joelle Tunning Floor Stretch Elite	11:00–11:45 Paige Parkhouse PD ADV	11:00–11:45 Lisa Coors PD Elite Strength	11:00–11:45 Paige Parkhouse PD ADV	11:00–11:45 Paige Parkhouse PD ADV	9:45–10:15 Therese Bibby Core on the Floor (Elite)				
11:00–11:45 Joelle Tunning Elite Dance	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	12:00–12:45 Paige Parkhouse PD FD	11:00–11:45 Joelle Tunning Seated Cardio – All				
12:00–12:45 April Aloisio Chair Yoga FD	1:00–1:45 John Treacy Chair Volleyball	1:00–1:45 Therese Bibby Strength FD	1:00–1:45 Therese Bibby Strength FD	12:00–12:45 Paige Parkhouse Girl Talk	12:00–12:45 John Treacy Strength & Stretch – All				
1:00–2:00 Joelle Tunning Seated Cardio – All	2:00–2:45 Jeanie Bryant Hands On – L/V			1:00–1:45 John Treacy Cornhole Tournament					
				2:00–2:45 Jeanie Bryant Cognitive Skills ALL levels					
29		30		31					
10:00–10:45 Joelle Tunning Floor Stretch Elite	10:00–10:45 Paige Parkhouse PD Elite	10:15–10:45 Lisa Coors Floor Stretch Elite	10:00–10:45 Paige Parkhouse PD Elite	10:15–10:45 Lisa Coors Floor Stretch Elite	11:00–11:45 Paige Parkhouse PD ADV	11:00–11:45 Paige Parkhouse PD ADV	11:00–11:45 Paige Parkhouse PD ADV	11:00–11:45 Paige Parkhouse PD ADV	11:00–11:45 Paige Parkhouse PD ADV
11:00–11:45 Joelle Tunning Elite Dance	11:00–11:45 Paige Parkhouse PD ADV	11:00–11:45 Lisa Coors PD Elite Strength	11:00–11:45 Paige Parkhouse PD ADV	11:00–11:45 Paige Parkhouse PD ADV	12:00–12:45 Paige Parkhouse PD FD	12:00–12:45 Paige Parkhouse PD FD	12:00–12:45 Paige Parkhouse PD FD	12:00–12:45 Paige Parkhouse PD FD	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	12:00–12:45 April Aloisio Chair Yoga FD	12:00–12:45 Paige Parkhouse PD FD	12:00–12:45 April Aloisio Chair Yoga FD	1:00–1:45 John Treacy Chair Volleyball	1:00–1:45 John Treacy Chair Volleyball	1:00–1:45 John Treacy Chair Volleyball	1:00–1:45 John Treacy Chair Volleyball	1:00–1:45 John Treacy Chair Volleyball
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	1:00–1:45 John Treacy Chair Volleyball	1:00–1:45 Therese Bibby Strength FD	2:00–2:45 Jeanie Bryant Hands On – L/V	2:00–2:45 Jeanie Bryant Hands On – L/V	2:00–2:45 Jeanie Bryant Hands On – L/V	2:00–2:45 Jeanie Bryant Hands On – L/V	2:00–2:45 Jeanie Bryant Hands On – L/V
	2:00–2:45 Jeanie Bryant Hands On – L/V								

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)

Thanks to our ADVERTISING SPONSORS

