| 2024 | August | Parkinson Community Fitness HOPE, HEALTH, ACCEPTANCE | 9687 Kenwood Road Blue Ash, Ohio 45242 | (513) 793-6683 | Open 10:00 – 2:00 |
|--|---|---|--|---|--|
| МО | NDAY | TUESDAY | WEDNESDAY | THURSDAY 1 | FRIDAY |
| PARK PARK PARK Pighti Denotes P Speci | INSON DISEASE VE IT LOSE IT ng with Exercise resentation or ial Event Jp at Front Desk) | CINCINNATI REHABILITATION HOSPITAL at BLUE ASH Supernus Pharmaceuticals | we make healthy possible | 10:00–10:45 Cardio Joelle Tunning Drumming ADV 11:00–11:45 Paige Parkhouse 12:00–12:45 PD FD 12:00–12:45 Girl Talk 1:00–1:45 Cornhole John Treacy Tournament 2:00–2:45 Cognitive Skills Jeanie Bryant ALL levels | 9:00–9:45 Therese Bibby 9:45-10:15 Therese Bibby 11:00–11:45 Joelle Tunning 12:00–12:45 John Treacy Elite Boxing Floor (Elite) Seated Cardio - All Strength & Stretch – All |
| | 5 | 6 | 7 | 8 | g |
| 10:00-10:45 Jennifer Marks | Floor Stretch Elite | 10:00-10:45 Paige Parkhouse PD Elite | 10:15–10:45 Floor Stretch Lisa Coors Elite | 10:00-10:45 Joelle Tunning | 9:00–9:45 Therese Bibby |
| 11:00–11:45 Jennifer Marks 12:00–12:45 April Aloisio 1:00–2:00 Jennifer Marks | Elite Dance Chair Yoga FD Seated Cardio – All | 11:00–11:45 Paige Parkhouse 12:00–12:45 Paige Parkhouse 1:00–1:45 John Treacy 2:00–2:45 Hands On – L/V | 11:00–11:45 PD Elite Lisa Coors Strength 12:00–12:45 April Aloisio Chair Yoga FD 1:00–1:45 Therese Bibby Strength FD | 11:00–11:45 Paige Parkhouse 12:00–12:45 Paige Parkhouse 12:00–12:45 Girl Talk 1:00–1:45 Cornhole | 9:45-10:15 Core on the Therese Bibby Floor (Elite) 11:00–11:45 NO CLASS Joelle Tunning 12:00–12:45 Strength & John Treacy Stretch – All |
| | 12 | Jeanie Bryant Flatius OII – L/V Day sponsored by Supernus 13 | Meet and Greet with Alex Meacham and Brandon McIntosh 2pm Skyline Chili will be served | John Treacy Tournament 2:00–2:45 Cognitive Skills Jeanie Bryant ALL levels | Day sponsored by Amneal 16 |
| 10:00-10:45 | Floor Stretch | 10:00-10:45 PD Flite | 10:15–10:45 Floor Stretch | 10:00–10:45 Cardio | 9:00-9:45 Flite 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 | Elite Dance | Paige Parkhouse | Lisa Coors Strength | Paige Parkhouse | 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 PD FD Paige Parkhouse | 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 |
| Joele Tulling | | 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 | |
| 10:00-10:45 | Floor Stretch | 10:00-10:45 DD Fix- | 10:15–10:45 Floor Stretch | Day sponsored by Acadia 22 10:00-10:45 Cardio | 9:00-9:45 |
| Joelle Tunning | Elite | Paige Parkhouse | Lisa Coors Elite | Joelle Tunning Drumming ADV | Therese Bibby |
| 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 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 | Seated Cardio | 1:00-1:45 Chair Volleyhall | 1:00-1:45 Strength FD | 12:00–12:45 Girl Talk | 12:00-12:45 Strength & |
| Joelle Tunning — All 11am- 1pm Ask a Nurse with Maureen Gartner 7pm — Pleasant Ridge Support | | 2:00–2:45 Jeanie Bryant 2pm Ask a Dementia Specialist | Therese Bibby | 1:00–1:45 Cornhole John Treacy Tournament 2:00–2:45 Cognitive Skills Jeanie Bryant ALL levels | John Treacy Stretch - All |
| G | roup 26 | with Teresa Youngstrom Day sponsored by Cincinnati Rehab Hospital 27 | 28 | 29 | 30 |
| 10:00-10:45 | Floor Stretch | 10:00-10:45 PD Flite | 10:15-10:45 Floor Stretch | 10:00-10:45 Cardio | 9:00-9:45 Flite Boxing |
| Joelle Tunning 11:00–11:45 | Elite Dance | Paige Parkhouse 11:00-11:45 PD ADV | Lisa Coors Elite 11:00–11:45 PD Elite | Joelle Tunning Drumming ADV 11:00–11:45 PD ADV | 9:45-10:15 Core on the |
| Joelle Tunning 12:00–12:45 | | Paige Parkhouse 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 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 12:00–12:45 Girl Talk | Joelle Tunning — All 12:00–12:45 Strength & |
| Joelle Tunning | – All | John Treacy 2:00-2:45 Jeanie Bryant Chair Volleyball Hands On – L/V | Therese Bibby 12 - 3pm - Donna Burnett Counseling Services Available | 1:00-1:45 Cornhole John Treacy Tournament | John Treacy Stretch - All |
| Key: | FD = Target Founda | tions Open to All ADV = Target Advan | email directly to schedule spnrgrl@hotmail.comv nced Open to Elite = O | 2:00-2:45 Cognitive Skills Jeanie Bryant ALL levels PD = Parkinsons Disease | L = Live (In Person) V = Virtual (Connect via video link) |

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