

2024 Sept



9687 Kenwood Road  
Blue Ash, Ohio 45242

(513) 793-6683

Open 10:00 – 2:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>PCF CLOSED</b> 2</p> 	<p>3</p> <p>10:00–10:45 PD Elite Paige Parkhouse</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>1:00–1:45 Chair Volleyball John Treacy</p> <p>2:00–2:45 Hands On – LV Clarissa Harmon</p> <p>3:00–3:45 Speak Out! Mt. St. Joe</p>	<p>4</p> <p>10:15–10:45 Floor Stretch Elite Lisa Coors</p> <p>11:00–11:45 PD Elite Strength Lisa Coors</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–1:45 Strength FD Therese Bibby</p>	<p>5</p> <p>10:00–10:45 Cardio Drumming ADV Jenna Moffo</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>12:00–12:45 Girl Talk Paige Parkhouse</p> <p>1:00–1:45 Cornhole Tournament John Treacy</p> <p>2:00–2:45 Cognitive Skills ALL levels Clarissa Harmon</p>	<p>6</p> <p>9:00–9:45 Elite Boxing Therese Bibby</p> <p>9:45–10:15 Core on the Floor (Elite) Therese Bibby</p> <p>11:00–11:45 Seated Cardio – All Joelle Tunning</p> <p>12:00–12:45 Strength &amp; Stretch – All John Treacy</p> <p><b>Dr. Andrew Gillihan 1pm Presentation with lunch "PD's impact on the male pelvic floor" (This is a mens only event)</b></p>	
<p>9</p> <p>10:00–10:45 Floor Stretch Elite Joelle Tunning</p> <p>11:00–11:45 Elite Dance Joelle Tunning</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–2:00 Seated Cardio – All Joelle Tunning</p> <p><b>11am-1:30pm "Ask a Nurse" Maureen Gartner</b></p>	<p>10</p> <p>10:00–10:45 PD Elite Paige Parkhouse</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>1:00–1:45 Chair Volleyball John Treacy</p> <p>2:00–2:45 Hands On – LV Jeanie Bryant</p> <p>3:00–3:45 Speak Out! Mt. St. Joe</p>	<p>11</p> <p>10:15–10:45 Floor Stretch Elite Joelle Tunning</p> <p>11:00–11:45 PD Elite Strength Joelle Tunning</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–1:45 Strength FD Therese Bibby</p> <p><b>12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule sprngrl@hotmail.com</b></p>	<p>12</p> <p>10:00–10:45 Cardio Drumming ADV Joelle Tunning</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>12:00–12:45 Girl Talk Paige Parkhouse</p> <p>1:00–1:45 Cornhole Tournament John Treacy</p> <p>2:00–2:45 Cognitive Skills ALL levels Jeanie Bryant</p>	<p>13</p> <p>9:00–9:45 Elite Boxing Therese Bibby</p> <p>9:45–10:15 Core on the Floor (Elite) Therese Bibby</p> <p>11:00–11:45 Seated Cardio FD Joelle Tunning</p> <p>12:00–12:45 Strength &amp; Stretch – All John Treacy</p>	
<p>16</p> <p>10:00–10:45 Floor Stretch Elite Joelle Tunning</p> <p>11:00–11:45 Elite Dance Joelle Tunning</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–2:00 Seated Cardio – All Joelle Tunning</p> <p><b>7pm – Pleasant Ridge Support Group</b></p>	<p>17</p> <p>10:00–10:45 PD Elite Paige Parkhouse</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>1:00–1:45 Chair Volleyball John Treacy</p> <p>2:00–2:45 Hands On – LV Jeanie Bryant</p> <p>3:00–3:45 Speak Out! Mt. St. Joe</p> <p><b>2pm- Ask a Dementia Specialist</b></p>	<p>18</p> <p>10:15–10:45 Floor Stretch Elite Joelle Tunning</p> <p>11:00–11:45 PD Elite Strength Joelle Tunning</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–1:45 Strength FD Therese Bibby</p>	<p>19</p> <p>10:00–10:45 Cardio Drumming ADV Joelle Tunning</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>12:00–12:45 Girl Talk Paige Parkhouse</p> <p>1:00–1:45 Cornhole Tournament John Treacy</p> <p>2:00–2:45 Cognitive Skills ALL levels Jeanie Bryant</p>	<p>20</p> <p>9:00–9:45 Elite Boxing Therese Bibby</p> <p>9:45–10:15 Core on the Floor (Elite) Therese Bibby</p> <p>11:00–11:45 Seated Cardio – All Joelle Tunning</p> <p>12:00–12:45 Strength &amp; Stretch – All John Treacy</p> <p><b>Dr. Martha McGraw 1pm presentation and lunch "More days with good on time" Sponsored by Supernus</b></p>	
<p>23</p> <p>10:00–10:45 Floor Stretch Elite Joelle Tunning</p> <p>11:00–11:45 Elite Dance Joelle Tunning</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–2:00 Seated Cardio – All Joelle Tunning</p>	<p>24</p> <p>10:00–10:45 PD Elite Paige Parkhouse</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>1:00–1:45 Chair Volleyball John Treacy</p> <p>2:00–2:45 Hands On – LV Jeanie Bryant</p> <p>3:00–3:45 Speak Out! Mt. St. Joe</p>	<p>Day sponsored by Cincinnati Rehab Hospital</p> <p>25</p> <p>10:15–10:45 Floor Stretch Elite Lisa Coors</p> <p>11:00–11:45 PD Elite Strength Lisa Coors</p> <p>12:00–12:45 Chair Yoga FD April Aloisio</p> <p>1:00–1:45 Strength FD Therese Bibby</p> <p><b>12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule sprngrl@hotmail.com</b></p>	<p>26</p> <p>10:00–10:45 Cardio Drumming ADV Joelle Tunning</p> <p>11:00–11:45 PD ADV Paige Parkhouse</p> <p>12:00–12:45 PD FD Paige Parkhouse</p> <p>12:00–12:45 Girl Talk Paige Parkhouse</p> <p>1:00–1:45 Cornhole Tournament John Treacy</p> <p>2:00–2:45 Cognitive Skills ALL levels Jeanie Bryant</p>	<p>27</p> <p>9:00–9:45 Elite Boxing Therese Bibby</p> <p>9:45–10:15 Core on the Floor (Elite) Therese Bibby</p> <p>11:00–11:45 Seated Cardio – All Joelle Tunning</p> <p>12:00–12:45 Strength &amp; Stretch – All John Treacy</p>	
<p>30</p> <p>10:00–10:45 Floor Stretch Elite Joelle Tunning</p> <p>11:00–11:45 Elite Dance Joelle Tunning</p> <p>12:00–12:45 Chair Yoga FD Jennifer Marks</p> <p>1:00–2:00 Seated Cardio – All Joelle Tunning</p>		 		 <p>Denotes Presentation or Special Event (Please Sign Up at Front Desk)</p>	
<p>Key:</p>	<p>FD = Target Foundations Open to All</p>	<p>ADV = Target Advanced Open to Elite</p>	<p>Elite = Only Elite</p>	<p>PD = Parkinsons Disease</p>	<p>L = Live (In Person) V = Virtual (Connect via video link)</p>

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