2024	Sept	Parkinson Community Fitness HOPE, HEALTH, ACCEPTANCE	9687 Kenwood Road Blue Ash, Ohio 45242		(513) 793-6683		Open 10:00 – 2:00	
MONDAY		TUESDAY	WEDNESDAY		THURSDAY		FRIDAY	
PCF C	CLOSED 2	3 10:00-10:45 DD Filte	10:15–10:45	4 Floor Stretch	10:00-10:45	5 Cardio	9:00-9:45	6
*	‡∓	Paige Parkhouse PD Elite	Lisa Coors	Elite	Jenna Moffo	Drumming ADV	Therese Bibby	Elite Boxing
	-	11:00-11:45 PD ADV	11:00–11:45	PD Elite	11:00–11:45	PD ADV	9:45-10:15	Core on the
_ Ho	uppy .	Paige Parkhouse	Lisa Coors 12:00–12:45	Strength	Paige Parkhouse 12:00–12:45		Therese Bibby 11:00-11:45	Floor (Elite) Seated Cardio
	RTR	Paige Parkhouse PD FD	April Aloisio	Chair Yoga FD	Paige Parkhouse	PD FD	Joelle Tunning	– All
	DUI	1:00–1:45 Chair Volleyball	1:00–1:45	Strength FD	12:00-12:45	Girl Talk	12:00-12:45	Strength &
	πν	John Treacy 2:00–2:45	Therese Bibby	g	1:00–1:45	Cornhole	John Treacy	Stretch – All
	AI	Clarissa Harmon Hands On – L/V			John Treacy	Tournament		ew Gillihan ation with lunch
**		3:00-3:45 Speak Out!	1		2:00-2:45	Cognitive Skills	"PD's impact o	on the male pelvic
	.* * * *	Mt. St. Joe	-		Clarissa Harmon	ALL levels		oor" ens only event)
	9	10		11		12		13
10:00-10:45	Floor Stretch	10:00–10:45 PD Elite	10:15-10:45	Floor Stretch	10:00-10:45	Cardio	9:00-9:45	Elite Boxing
Joelle Tunning	Elite	Paige Parkhouse	Joelle Tunning	Elite	Joelle Tunning	Drumming ADV	Therese Bibby	Ŭ
11:00–11:45 Joelle Tunning	Elite Dance	11:00–11:45 Paige Parkhouse PD ADV	11:00-11:45 Joelle Tunning	PD Elite Strength	11:00-11:45 Paige Parkhouse	PD ADV	9:45-10:15 Therese Bibby	Core on the Floor (Elite)
12:00–12:45	Chain Verse FD	12:00 12:45	12:00–12:45	0	12:00–12:45		11:00-11:45	Seated Cardio
April Aloisio	Chair Yoga FD	Paige Parkhouse PD FD	April Aloisio	Chair Yoga FD	Paige Parkhouse	PD FD	Joelle Tunning	FD
1:00-2:00	Seated Cardio	1:00–1:45 Chair Volleyball	1:00–1:45	Strength FD	12:00-12:45	Girl Talk	12:00-12:45	Strength &
Joelle Tunning	– All	John Treacy	Therese Bibby	Ĵ	1:00-1:45	Cornhole	John Treacy	Stretch – All
	n-1:30pm	Jeanie Bryant Hands On – L/V		Donna Burnett ervices Available	John Treacy	Tournament		
	a Nurse" en Gartner	3:003:45 Speak Out!	email direct	tly to schedule	2:00-2:45	Cognitive Skills	Ī	
Madre	en oartiler	Mt. St. Joe	spnrgrl@h	otmail.comv	Jeanie Bryant	ALL levels		
	16	17	,	18		19		20
10:00-10:45	Floor Stretch	10:00–10:45 PD Elite	10:15-10:45	Floor Stretch	10:00-10:45	Cardio	9:00-9:45	Elite Boxing
Joelle Tunning	Elite	Paige Parkhouse	Joelle Tunning	Elite	Joelle Tunning	Drumming ADV	Therese Bibby	Ŭ
11:00–11:45 Joelle Tunning	Elite Dance	11:00–11:45 Paige Parkhouse PD ADV	11:00–11:45 Joelle Tunning	PD Elite Strength	11:00-11:45 Paige Parkhouse	PD ADV	9:45-10:15 Therese Bibby	Core on the Floor (Elite)
12:00-12:45		12:00-12:45	12:00-12:45		12:00–12:45		11:00-11:45	Seated Cardio
April Aloisio	Chair Yoga FD	Paige Parkhouse PD FD	April Aloisio	Chair Yoga FD	Paige Parkhouse	PD FD	Joelle Tunning	– All
1:00-2:00	Seated Cardio	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 John Treacy	Strength & Stretch – All
Joelle Tunning	– All	2:00-2:45	Therese Bibby		1:00-1:45	Cornhole	John heacy	Stretch – All
		Jeanie Bryant Hands On – L/V			John Treacy	Tournament		ha McGraw tation and lunch
		3:003:45 Speak Out!			2:00–2:45 Cognitive Skills		"More days w	ith good on time"
7pm Pleasant Ridge Support Group		Mt. St. Joe 2pm- Ask a Dementia Specialist			Jeanie Bryant	ALL levels	Sponsore	d by Supernus
	23		Day sponsored by Cinci	nnati Rehabi Hospital 25		26		27
10:00-10:45	Floor Stretch	10:00-10:45 PD Elite	10:15-10:45	Floor Stretch	10:00-10:45	Cardio	9:00-9:45	Elite Boxing
Joelle Tunning 11:00–11:45	Elite	Paige Parkhouse	Lisa Coors 11:00–11:45	Elite PD Elite	Joelle Tunning	Drumming ADV	Therese Bibby 9:45-10:15	Core on the
Joelle Tunning	Elite Dance	Paige Parkhouse PD ADV	Lisa Coors	Strength	11:00-11:45 Paige Parkhouse	PD ADV	9:45-10:15 Therese Bibby	Floor (Elite)
12:00-12:45	Chair Yoga FD	12:00-12:45 PD FD	12:00-12:45	Chair Yoga FD	12:00-12:45	PD FD	11:00–11:45	Seated Cardio
April Aloisio		Paige Parkhouse	April Aloisio		Paige Parkhouse	Girl Talk	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	GITTAIK	12:00–12:45 John Treacy	Strength & Stretch – All
		2:00–2:45 Hands On – L/V		Donna Burnett	1:00-1:45	Cornhole		
		Jeanie Bryant	Counseling Se	ervices Available tly to schedule	John Treacy	Tournament	l	
		3:003:45 Mt. St. Joe		iotmail.comv	2:00–2:45 Jeanie Bryant	Cognitive Skills ALL levels		
					, junt			
	30							
10:00–10:45 Joelle Tunning	Floor Stretch Elite		10 HO	pe with D				INSON DISEASE
11:00–11:45			Helpa	entia				<u>JVE IT</u>
Joelle Tunning	Elite Dance	0	A D atter	Approach ta			I 👗 OR	LOSE IT ng with Exercise
12:00–12:45	Chair Yoga FD	Supernue	MEMO	Approach to RY CARE	CINIC		-	
Jennifer Marks 1:00–2:00	Seated Cardio	Supernus [®] Pharmaceuticals			REHABILITA	TION HOSPITAL		
Joelle Tunning	– All							
				LINEA			Spec	Presentation or ial Event
			PERFORMANCE				(Please Sign	Up at Front Desk)
Key:	Key: FD = Target Foundations Open to All ADV = Target Advan		ced Open to Elite Elite = Or		PD = Parkinsons		L = Live (In Person)	
<u> </u>					Disease		V = Virtual (Connect via video link)	

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