

2024 October



9687 Kenwood Road
Blue Ash, Ohio 45242

(513) 793-6683

Open 10:00 – 2:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 	1 10:00–10:45 PD Elite Paige Parkhouse	2 10:15–10:45 Floor Stretch Elite Lisa Coors	3 10:00–10:45 Cardio Drumming ADV Joelle Tunning	4 9:00–9:45 Elite Boxing Therese Bibby
	11:00–11:45 PD ADV Paige Parkhouse	11:00–11:45 PD Elite Strength Lisa Coors	11:00–11:45 PD ADV Paige Parkhouse	9:45–10:15 Core on the Floor (Elite) Therese Bibby
	12:00–12:45 PD FD Paige Parkhouse	12:00–12:45 Chair Yoga FD April Aloisio	12:00–12:45 PD FD Paige Parkhouse	11:00–11:45 Seated Cardio – All Joelle Tunning
	1:00–1:45 Chair Volleyball John Treacy	1:00–1:45 Strength FD Therese Bibby	12:00–12:45 Girl Talk	12:00–12:45 Strength & Stretch – All John Treacy
	2:00–2:45 Hands On – LV Jeanie Bryant		1:00–1:45 Cornhole Tournament John Treacy	
3:00–3:45 Speak Out! Mt. St. Joe			2:00–2:45 Cognitive Skills ALL levels Jeanie Bryant	
7 10:00–10:45 Floor Stretch Elite Joelle Tunning	8 10:00–10:45 PD Elite Paige Parkhouse	9 10:15–10:45 Floor Stretch Elite Lisa Coors	10 10:00–10:45 Cardio Drumming ADV Joelle Tunning	11 9:00–9:45 Elite Boxing Therese Bibby
11:00–11:45 Elite Dance Joelle Tunning	11:00–11:45 PD ADV Paige Parkhouse	11:00–11:45 PD Elite Strength Lisa Coors	11:00–11:45 PD ADV Paige Parkhouse	9:45–10:15 Core on the Floor (Elite) Therese Bibby
12:00–12:45 Chair Yoga FD April Aloisio	12:00–12:45 PD FD Paige Parkhouse	 	12:00–12:45 PD FD Paige Parkhouse	11:00–11:45 Seated Cardio FD Joelle Tunning
1:00–2:00 Seated Cardio – All Joelle Tunning	1:00–1:45 Chair Volleyball John Treacy		12:00–12:45 Girl Talk	12:00–12:45 Strength & Stretch – All John Treacy
	2:00–2:45 Hands On – LV Jeanie Bryant		1:00–1:45 Cornhole Tournament John Treacy	
	3:00–3:45 Speak Out! Mt. St. Joe		2:00–2:45 Cognitive Skills ALL levels Jeanie Bryant	
14 10:00–10:45 Floor Stretch Elite Joelle Tunning	Day sponsored by Cincinnati Rehabilitation Hospital		16 10:15–10:45 Floor Stretch Elite Lisa Coors	17 10:00–10:45 Cardio Drumming ADV Jenna Moffo
11:00–11:45 Elite Dance Joelle Tunning	15 10:00–10:45 PD Elite Paige Parkhouse	11:00–11:45 PD ADV Paige Parkhouse	11:00–11:45 PD Elite Strength Lisa Coors	11:00–11:45 PD ADV Paige Parkhouse
12:00–12:45 Chair Yoga FD April Aloisio	12:00–12:45 PD FD Paige Parkhouse	12:00–12:45 Chair Yoga FD April Aloisio	12:00–12:45 Chair Yoga FD April Aloisio	12:00–12:45 PD FD Paige Parkhouse
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	2:00–2:45 Hands On – LV Jeanie Bryant		1:00–1:45 Cornhole Tournament John Treacy	12:00–12:45 Strength & Stretch – All John Treacy
	3:00–3:45 Speak Out! Mt. St. Joe		2:00–2:45 NO CLASS Jeanie Bryant	
21 10:00–10:45 Floor Stretch Elite Joelle Tunning	Day sponsored by Supernus		23 10:15–10:45 Floor Stretch Elite Lisa Coors	24 10:00–10:45 Cardio Drumming ADV Joelle Tunning
11:00–11:45 Elite Dance Joelle Tunning	22 10:00–10:45 PD Elite Paige Parkhouse	11:00–11:45 PD ADV Paige Parkhouse	11:00–11:45 PD Elite Strength Lisa Coors	11:00–11:45 PD ADV Paige Parkhouse
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11am-1:30pm - "Ask a Nurse" Maureen Gartner	2:00–2:45 NO CLASS Jeanie Bryant	12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule spnrg1@hotmail.com	1:00–1:45 Cornhole Tournament John Treacy	12:00–12:45 Strength & Stretch – All John Treacy
7pm - Pleasant Ridge Support Group	3:00–3:45 Speak Out! Mt. St. Joe		2:00–2:45 Cognitive Skills ALL levels Jeanie Bryant	
	2pm - Ask a Dementia Specialist Teresa Youngstrom			
28 10:00–10:45 Floor Stretch Elite Joelle Tunning	Day sponsored by Amneal		30 10:15–10:45 Floor Stretch Elite Lisa Coors	31 10:00–10:45 Cardio Drumming ADV Joelle Tunning
11:00–11:45 Elite Dance Joelle Tunning	29 10:00–10:45 PD Elite Paige Parkhouse	11:00–11:45 PD ADV Paige Parkhouse	11:00–11:45 PD Elite Strength Lisa Coors	11:00–11:45 PD ADV Paige Parkhouse
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Denotes Presentation or Special Event (Please Sign Up at Front Desk)

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)

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