2024	October	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	
Sup	Pharmaceuticals	10:00–10:45 Paige Parkhouse 11:00–11:45	PD Elite	10:15–10:45 Lisa Coors 11:00–11:45	2 Floor Stretch Elite PD Elite	10:00–10:45 Joelle Tunning 11:00–11:45	3 Cardio Drumming ADV	9:00–9:45 Therese Bibby 9:45-10:15	4 Elite Boxing Core on the
		Paige Parkhouse	PD ADV	Lisa Coors	Strength	Paige Parkhouse	PD ADV	Therese Bibby	Floor (Elite)
CINC		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
REHABILITA	TION HOSPITAL	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
		2:00–2:45 Jeanie Bryant	Hands On – L/V			1:00–1:45 John Treacy	Cornhole Tournament		
		3:003:45 Mt. St. Joe	Speak Out!			2:00–2:45 Jeanie Bryant	Cognitive Skills ALL levels		
10:00-10:45	7 Floor Stretch	10:00–10:45	8	10:15-10:45	9 Floor Stretch	10:00-10:45	10 Cardio	9:00-9:45	11
Joelle Tunning	Elite	Paige Parkhouse	PD Elite	Lisa Coors	Elite	Joelle Tunning	Drumming ADV	Therese Bibby	Elite Boxing
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	Core on the Floor (Elite)
12:00–12:45 April Aloisio	Chair Yoga FD	12:00–12:45 Paige Parkhouse	PD FD	PCF Closes	A FUNDRAISER BENEFITING Parkington	12:00-12:45 Paige Parkhouse	PD FD	11:00–11:45 Joelle Tunning	Seated Cardio FD
1:00–2:00 Joelle Tunning	Seated Cardio – All	1:00–1:45 John Treacy	Chair Volleyball	at Noon		12:00-12:45	Girl Talk	12:00–12:45 John Treacy	Strength & Stretch – All
		2:00–2:45 Jeanie Bryant	Hands On – L/V	4th Annual	CREEK STORMAN	1:00-1:45 John Treacy	Cornhole Tournament		
		3:00-3:45	Speak Out!	Parkinson's Shuffle		2:00-2:45	Cognitive Skills		
		Mt. St. Joe		6:00 -	And Street Market Street Stree	Jeanie Bryant	ALL levels		
10:00-10:45	14 Floor Stretch	Day spons Cincinnati Rehabi		10:15–10:45	16 Floor Stretch	Day spor Aca 10:00–10:45		9:00-9:45	18
Joelle Tunning	Elite	10:00–10:45 Paige Parkhouse	PD Elite	Lisa Coors	Elite	Jenna Moffo	Drumming ADV	Therese Bibby	Elite Boxing
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	Core on the Floor (Elite)
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	Girl Talk	12:00–12:45 John Treacy	Strength &
Joelle Turining		2:00–2:45 Jeanie Bryant	Hands On – L/V	Therese bibby		1:00–1:45 John Treacy	Cornhole Tournament	John Heacy	Stretch – All
		3:003:45 Mt. St. Joe	Speak Out!			2:00–2:45 Jeanie Bryant	NO CLASS		
21		Day sponsored by Supernus 22		23		24		Day sponsored by Amneal 25	
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 Elite Dance	Paige Parkhouse 11:00-11:45	PD ADV	Lisa Coors 11:00–11:45	Elite PD Elite	Joelle Tunning 11:00–11:45	Drumming ADV PD ADV	Therese Bibby 9:45-10:15	Core on the
Joelle Tunning 12:00–12:45		Paige Parkhouse 12:00-12:45		Lisa Coors 12:00–12:45	Strength	Paige Parkhouse 12:00-12:45		Therese Bibby 11:00-11:45	Floor (Elite) Seated Cardio
April Aloisio 1:00–2:00	Chair Yoga FD Seated Cardio	Paige Parkhouse 1:00-1:45	PD FD	April Aloisio 1:00–1:45	Chair Yoga FD	Paige Parkhouse 12:00–12:45	PD FD Girl Talk	Joelle Tunning 12:00–12:45	– All Strength &
Joelle Tunning	– All	John Treacy	Chair Volleyball	Therese Bibby	Strength FD			John Treacy	Stretch – All
	- "Ask a Nurse" en Gartner	2:00–2:45 Jeanie Bryant 3:00–3:45	NO CLASS	Counseling S	Donna Burnett ervices Available	1:00-1:45 John Treacy	Cornhole Tournament		
	7pm Pleasant Ridge Support		Speak Out!		tly to schedule notmail.comv	2:00–2:45 Jeanie Bryant	Cognitive Skills ALL levels	/	neal ealthy possible
	roup 28		mentia Specialist oungstrom 29	30		31			
10:00-10:45	Floor Stretch	10:00-10:45	PD Elite	10:15–10:45	Floor Stretch	10:00-10:45	Cardio		OVE IT
Joelle Tunning 11:00–11:45	Elite	Paige Parkhouse 11:00-11:45		Lisa Coors 11:00–11:45	Elite PD Elite	Joelle Tunning 11:00-11:45	Drumming ADV	OR OR	LOSE IT
Joelle Tunning 12:00–12:45	Elite Dance	Paige Parkhouse	PD ADV	Lisa Coors 12:00–12:45	Strength	Paige Parkhouse	PD ADV		pe with Exercise
April Aloisio	Chair Yoga FD	Paige Parkhouse	PD FD	April Aloisio	Chair Yoga FD	Paige Parkhouse	PD FD	Helpe	Contia
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		Approach to
		2:00–2:45 Jeanie Bryant	Hands On – L/V			1:00–1:45 John Treacy	Cornhole Tournament		Presentation or
		3:003:45 Mt. St. Joe	Speak Out!			2:00–2:45 Jeanie Bryant	Cognitive Skills ALL levels	Spec	vesentation of sial Event Up at Front Desk)
Key:	Key: FD = Target Foundations Open to All ADV = Target Advantage		nced Open to Elite			PD = Parkinsons Disease	L = Live (In Person) V = Virtual (Connect via video link)		

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