

2024 Nov		<div><div>Parkinson</div><div>Community Fitness</div><div>HOPE, HEALTH, ACCEPTANCE</div></div>		9687 Kenwood Road Blue Ash, Ohio 45242		(513) 793-6683		Open 10:00 – 2:00	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	
<div><div><div></div><div></div><div></div></div><div><div>PARKINSON DISEASE</div><div>MOVE IT OR LOSE IT</div><div>Fighting with Exercise</div></div></div>		<div><div><div></div><div></div><div></div></div><div><div>CINCINNATI</div><div>REHABILITATION HOSPITAL</div><div>at BLUE ASH</div></div></div>		<div><div></div><div>ACADIA™</div></div>		<div><div><div></div><div></div><div></div></div><div><div>Supernus®</div><div>Pharmaceuticals</div></div></div>		9:00–9:45 Elite Boxing Therese Bibby	
								9:45–10:15 Core on the Floor (Elite) Therese Bibby	
								11:00–11:45 Seated Cardio – All Joelle Tunning	
								12:00–12:45 Strength & Stretch – All John Treacy	
<div>Denotes Presentation or Special Event (Please Sign Up at Front Desk)</div>		<div><div><div></div><div></div><div></div></div><div><div>Help and Hope with Dementia</div><div>A Better Approach to MEMORY CARE</div></div></div>							
4		5		6		7		8	
10:00–10:45 Floor Stretch Elite Joelle Tunning		10:00–10:45 PD Elite Paige Parkhouse		10:15–10:45 Floor Stretch Elite Lisa Coors		10:00–10:45 Cardio Drumming ADV Jenna Moffo		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 Chair Yoga FD April Aloisio		12:00–12:45 PD FD Paige Parkhouse		11:00–11:45 NO CLASS Joelle Tunning	
1:00–1:45 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 John Treacy		11:00–11:45 Strength & Stretch – All John Treacy	
		2:00–2:45 Hands On – L/V Jeanie Bryant				1:00–1:45 Cornhole Tournament John Treacy		<div>Note time change for John's class!</div>	
		3:00–3:45 NO CLASS Mt. St. Joe				2:00–2:45 Cognitive Skills ALL levels Jeanie Bryant			
11		Day sponsored by Acadia		12		13		Day sponsored by Supernus	
10:00–10:45 Floor Stretch Elite Jennifer Marks		10:00–10:45 PD Elite Paige Parkhouse		10:15–10:45 Floor Stretch Elite Lisa Coors		10:00–10:45 Cardio Drumming ADV Joelle Tunning		9:00–9:45 Elite Boxing Therese Bibby	
11:00–11:45 Elite Dance Jennifer Marks		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 Jennifer Marks		12:00–12:45 PD FD Paige Parkhouse		12:00–12:45 Chair Yoga FD John Treacy		12:00–12:45 PD FD Paige Parkhouse		11:00–11:45 Seated Cardio – All Joelle Tunning	
1:00–1:45 Seated Cardio – All Jennifer Marks		1:00–1:45 Chair Volleyball John Treacy		1:00–1:45 Strength FD Therese Bibby		12:00–12:45 Girl Talk John Treacy		12:00–12:45 Strength & Stretch – All John Treacy	
11am-1:30pm - "Ask a Nurse" Maureen Gartner		2:00–2:45 Hands On – L/V Jeanie Bryant		2-3:00pm Friendsgiving		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			
18		Day sponsored by Cincinnati Rehabilitation Hospital		19		20		21	
10:00–10:45 Floor Stretch Elite Joelle Tunning		10:00–10:45 PD Elite Paige Parkhouse		10:15–10:45 Floor Stretch Elite Lisa Coors		10:00–10:45 Cardio Drumming ADV Joelle Tunning		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 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 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 John Treacy		12:00–12:45 Strength & Stretch – All John Treacy	
7pm – Pleasant Ridge Support Group		2:00–2:45 Hands On – L/V Jeanie Bryant		12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule spnrgl@hotmail.com		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 Clarissa Harmon			
		2pm- Ask a Dementia Specialist							
25		26		27		28		29	
10:00–10:45 Floor Stretch Elite Joelle Tunning		10:00–10:45 PD Elite Paige Parkhouse		10:15–10:45 Floor Stretch Elite Lisa Coors		<div>PCF CLOSED FOR THANKSGIVING</div> <div><div>HAPPY Thanksgiving</div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div>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