

2024 Dec		<div>Parkinson Community Fitness</div> <div>HOPE, HEALTH, ACCEPTANCE</div>		9687 Kenwood Road Blue Ash, Ohio 45242		(513) 793-6683		Open 10:00 – 2:00	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
10:00–10:45 Joelle Tunning	Floor Stretch Elite	10:00–10:45 Paige Parkhouse	PD Elite	10:15–10:45 Lisa Coors	Floor Stretch Elite	10:00–10:45 Jenna Moffo	Cardio Drumming ADV	9:00–9:45 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
1:00–1:45 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 & Stretch – All
		2:00–2:45 Jeanie Bryant	Hands On – LV			1:00–1:45 John Treacy	Cornhole Tournament		
		3:00–3:45 Mt. St. Joe	Speak Out!			2:00–2:45 Jeanie Bryant	Cognitive Skills ALL levels		
		Last Speak Out! Class of 2024							
9		Day sponsored by Supernus		10		11		12	
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11am-1:30pm - "Ask a Nurse" Maureen Gartner		2:00–2:45 Clarissa Harmon	Hands On – LV	12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule spnrgri@hotmail.com		1:00–1:45 John Treacy	Cornhole Tournament	2:00–2:45 Jeanie Bryant	Cognitive Skills ALL levels
16		17		18		19		20	
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7pm – Pleasant Ridge Support Group		2pm Ask a Dementia Specialist with Teresa Youngstrom				4-6 pm Holiday Party Music w/ April and Brian			
23		24		25		26		27	
10:00–10:45 Joelle Tunning	Floor Stretch Elite	<div>Happy Holidays</div> <div>May the magic of the holidays bring you peace, love, and happiness</div> <div>From all of Us at PCF</div>							
11:00–11:45 Joelle Tunning	Elite Dance								
12:00–12:45 April Aloisio	Chair Yoga FD								
1:00–1:45 Joelle Tunning	Seated Cardio – All								
30		31							
10:00–10:45 Jennifer Marks	Floor Stretch Elite	<div>Happy New Year!</div> <div>Wishing you a Happy New Year filled with Hope, Health and Acceptance</div> <div>Your PCF Family</div>							
11:00–11:45 Jennifer Marks	Elite Dance								
12:00–12:45 April Aloisio	Chair Yoga FD								
1:00–1:45 Jennifer Marks	Seated Cardio – All								
		<div><div><div>Supernus Pharmaceuticals</div><div>A Better Approach to MEMORY CARE</div></div><div><div>CINCINNATI REHABILITATION HOSPITAL AT BLUE ASH</div><div>Help and Hope with Dementia</div></div><div><div>PARKINSON DISEASE MOVE IT OR LOSE IT</div><div>Fighting with Exercise</div></div></div>							
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)	
								Denotes Presentation or Special Event (Please Sign Up at Front Desk)	

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