

2024 Dec



9687 Kenwood Road
Blue Ash, Ohio 45242

(513) 793-6683

Open 10:00 – 2:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5 <small>Day sponsored by Cincinnati Rehabilitation Hospital</small>	6
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 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
	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 Last Speak Out! Class of 2024		2:00–2:45 Cognitive Skills Jeanie Bryant	
9	10 <small>Day sponsored by Supernus</small>	11	12	13
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
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11am-1:30pm - "Ask a Nurse" Maureen Gartner	2:00–2:45 Hands On – LV Clarissa Harmon	12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule spnrgl@hotmail.com	1:00–1:45 Cornhole Tournament John Treacy	
			2:00–2:45 Cognitive Skills Jeanie Bryant	
16	17	18	19	20
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
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	2:00–2:45 Hands On – LV Jeanie Bryant	12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule spnrgl@hotmail.com	1:00–1:45 Cornhole Tournament John Treacy	
7pm – Pleasant Ridge Support Group	2pm Ask a Dementia Specialist with Teresa Youngstrom		2:00–2:45 Cognitive Skills Jeanie Bryant	
				4-6 pm Holiday Party Music w/ April and Brian
23	24	25	26	27
10:00–10:45 Floor Stretch Elite Joelle Tunning				
11:00–11:45 Elite Dance Joelle Tunning				
12:00–12:45 Chair Yoga FD April Aloisio				
1:00–1:45 Seated Cardio – All Joelle Tunning				
30	31			
10:00–10:45 Floor Stretch Elite Jennifer Marks				
11:00–11:45 Elite Dance Jennifer Marks				
12:00–12:45 Chair Yoga FD April Aloisio				
1:00–1:45 Seated Cardio – All Jennifer Marks				
	<div style="border: 1px solid red; padding: 5px; display: inline-block;">Denotes Presentation or Special Event (Please Sign Up at Front Desk)</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)

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