2025 January	Parkinson Community Fitness	9687 Kenwood Road Blue Ash, Ohio 45242	(513) 793-6683	Open 10:00 – 2:00
MONDAY	HOPE, HEALTH, ACCEPTANCE	WEDNESDAY	THURSDAY	FRIDAY
		1	2 10:00-10:45 Cardio	3 9:00-9:45 Elit D
	Supernus [®]	* • * * * * * * * * * *	Joelle Tunning Drumming ADV	Therese Bibby
	Pharmaceuticals	* * * *	11:00-11:45 PD ADV	9:45-10:15 Core on the
Fighting with Exercise		* New Year! *	Joelle Tunning 12:00–12:45 PD FD	Therese Bibby Floor (Elite) 11:00–11:45 Seated Cardio
		Wehing you a Happy New Year filled with Hape, Health and Acceptance	Therese Bibby 12:00–12:45 Girl Talk	Joelle Tunning – All 12:00–12:45 Strength &
		Your PCF Family	12.00-12.43 On Taik	John Treacy Stretch – All
A Better Approach to MEMORY CARE	REHABILITATION HOSPITAL		1:00–1:45 Cornhole John Treacy Tournament	
Denotes Presentation or	Abbott		2:00–2:45 NO CLASS	
Special Event (Please Sign Up at Front Desk)		PCF CLOSED	Jeanie Bryant	
6		8		
10:00–10:45 Floor Stretch Joelle Tunning Elite	10:00–10:45 Jennifer Marks PD Elite	10:15–10:45 Floor Stretch Lisa Coors Elite	10:00–10:45 Cardio Joelle Tunning Drumming ADV	9:00–9:45 Therese Bibby Elite Boxing
11:00-11:45 Elite Dance	11:00-11:45 PD ADV	11:00-11:45 PD Elite	11:00-11:45 PD ADV	9:45-10:15 Core on the
Joelle Tunning	Jennifer Marks	Lisa Coors Strength	Joelle Tunning	Therese Bibby Floor (Elite) 11:00–11:45 Seated Cardio
April Aloisio Chair Yoga FD	Jennifer Marks	April Aloisio	Therese Bibby	Joelle Tunning – All
1:00–1:45 Seated Cardio Joelle Tunning – All	1:00–1:45 John Treacy Chair Volleyball	1:00–1:45 Therese Bibby	12:00–12:45 Girl Talk	12:00–12:45 Strength & John Treacy Stretch – All
	2:00-2:45 Hands On - I /V	12 - 3pm - Donna Burnett	1:00-1:45 Cornhole	1 pm- Dr. Iris Lin
	Jeanie Bryant 3:00-3:45 NO CLASS	Counseling Services Available email directly to schedule	John Treacy Tournament 2:00–2:45 Cognitive Skills	"Common PD Meds" Presentation and lunch
	4:00-5:00 NO CLASS	spnrgrl@hotmail.comv	Jeanie Bryant ALL levels	Sponsored by Supernus
13	Day sponsored by	15	Day sponsored by Acadia	17
10:00–10:45 Floor Stretch	10:00–10:45 PD Flite	10:15–10:45 Floor Stretch	10:00-10:45 Cardio	9:00–9:45 Elite Boxing
Joelle Tunning Elite	Jennifer Marks	Lisa Coors Elite 11:00–11:45 PD Elite	Joelle Tunning Drumming ADV	Therese Bibby 9:45-10:15 Core on the
Joelle Tunning Elite Dance	Jennifer Marks	Lisa Coors Strength	Joelle Tunning	Therese Bibby Floor (Elite)
12:00–12:45 April Aloisio Chair Yoga FD	12:00–12:45 Jennifer Marks	12:00–12:45 April Aloisio Chair Yoga FD	12:00–12:45 Therese Bibby	11:00–11:45 Seated Cardio Joelle Tunning – All
1:00–1:45 Seated Cardio	1:00–1:45 Chair Volleyball	1:00–1:45 Strength FD	12:00-12:45 Girl Talk	12:00–12:45 Strength &
Joelle Tunning – All	2:00–2:45 Hands On – L/V	Therese Bibby	1:00-1:45 Cornhole	John Treacy Stretch – All 1 pm- Josh Gilmore
11am-1:30pm - "Ask a Nurse" Maureen Gartner	Jeanie Bryant		John Treacy Tournament 2:00–2:45 Cognitive Skills	Abbott Labs "When is the right time to consider
	3:00-3:45 Speak Out! 4:00-5:00 NO CLASS		2:00–2:45 Cognitive Skills Jeanie Bryant ALL levels	DBS therapy" Presentation and lunch
20	2pm- Ask a Dementia Specialist 21	22	23	
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
Jennifer Marks Elite 11:00-11:45	Jennifer Marks	Lisa Coors Elite 11:00–11:45 PD Elite	Joelle Tunning Drumming ADV 11:00–11:45	Therese Bibby Enter Doking 9:45-10:15 Core on the
Jennifer Marks Elite Dance	Jennifer Marks PD ADV	Lisa Coors Strength	Joelle Tunning PD ADV	Therese Bibby Floor (Elite)
12:00–12:45 April Aloisio Chair Yoga FD	12:00–12:45 Jennifer Marks PD FD	12:00–12:45 April Aloisio Chair Yoga FD	12:00–12:45 Therese Bibby	11:00–11:45 Seated Cardio Joelle Tunning – All
1:00–1:45 Seated Cardio	1:00–1:45 Chair Volleyball	1:00-1:45 Strength ED	12:00–12:45 Girl Talk	12:00-12:45 Strength &
Jennifer Marks – All	John Treacy	Therese Bibby 12 - 3pm - Donna Burnett	1:00-1:45 Cornhole	John Treacy Stretch – All
	Jeanie Bryant Hands On – L/V	Counseling Services Available email directly to schedule	John Treacy Tournament	
7pm – Pleasant Ridge Support	3:00-3:45 Speak Out! 4:00-5:00 Speak Out-2	spnrgrl@hotmail.comv	2:00–2:45 Cognitive Skills Jeanie Bryant ALL levels	
Group				
27 10:00–10:45 Floor Stretch	28 10:00–10:45 PD Elite	29 10:15–10:45 Floor Stretch	30 10:00–10:45 Cardio	31 9:00-9:45 Elite Boxing
Joelle Tunning Elite	Jennifer Marks	Lisa Coors Elite 11:00–11:45 PD Elite	Joelle Tunning Drumming ADV	Therese Bibby Enter Boxing 9:45-10:15 Core on the
Joelle Tunning Elite Dance	Jennifer Marks	Lisa Coors Strength	Joelle Tunning	Therese Bibby Floor (Elite)
12:00–12:45 April Aloisio Chair Yoga FD	12:00–12:45 Jennifer Marks PD FD	12:00–12:45 April Aloisio Chair Yoga FD	12:00–12:45 Therese Bibby	11:00–11:45 Seated Cardio Joelle Tunning – All
1:00–1:45 Seated Cardio	1:00–1:45 Chair Volleyball	1:00–1:45 Strength FD	12:00–12:45 Girl Talk	12:00–12:45 Strength &
Joelle Tunning – All	John Treacy	Therese Bibby	1:00–1:45 Cornhole	John Treacy Stretch – All
	Jeanie Bryant Hands On – L/V		John Treacy Tournament	
	3:00-3:45 Speak Out! 4:00-5:00 NO CLASS		2:00–2:45 Cognitive Skills Jeanie Bryant ALL levels	
Key: FD = Target Founda		nced Open to Elite Elite = Open to Elite = Ope	PD = Parkinsons	L = Live (In Person)
	nev - rurger Auva		Disease	V = Virtual (Connect via video link)

Thanks to our ADVERTISING SPONSORS



ORMANCE

We make healthy possible