

2025 January		<div><div>Parkinson 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		2		3	
<div><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>Help and Hope with Dementia</div><div>A Better Approach to MEMORY CARE</div></div></div><div>Denotes Presentation or Special Event (Please Sign Up at Front Desk)</div></div>		<div><div><div>Supernus® Pharmaceuticals</div><div>ACADIA™</div><div>CINCINNATI REHABILITATION HOSPITAL AT BLUE ASH</div><div>Abbott</div></div></div>		<div><div><div>HAPPY New Year!</div><div>Wishing you a Happy New Year filled with Hope, Health and Acceptance Your PCF Family</div></div><div>PCF CLOSED</div></div>		<div><div>10:00–10:45</div><div>Joelle Tunning</div><div>Cardio Drumming ADV</div></div> <div><div>11:00–11:45</div><div>Joelle Tunning</div><div>PD ADV</div></div> <div><div>12:00–12:45</div><div>Therese Bibby</div><div>PD FD</div></div> <div><div>12:00–12:45</div><div>Therese Bibby</div><div>Girl Talk</div></div> <div><div>1:00–1:45</div><div>John Treacy</div><div>Cornhole Tournament</div></div> <div><div>2:00–2:45</div><div>Jeanie Bryant</div><div>NO CLASS</div></div>		<div><div>9:00–9:45</div><div>Therese Bibby</div><div>Elite Boxing</div></div> <div><div>9:45-10:15</div><div>Therese Bibby</div><div>Core on the Floor (Elite)</div></div> <div><div>11:00–11:45</div><div>Joelle Tunning</div><div>Seated Cardio – All</div></div> <div><div>12:00–12:45</div><div>John Treacy</div><div>Strength & Stretch – All</div></div>	
6		7		8		9		10	
<div><div>10:00–10:45</div><div>Joelle Tunning</div><div>Floor Stretch Elite</div></div> <div><div>11:00–11:45</div><div>Joelle Tunning</div><div>Elite Dance</div></div> <div><div>12:00–12:45</div><div>April Aloisio</div><div>Chair Yoga FD</div></div> <div><div>1:00–1:45</div><div>Joelle Tunning</div><div>Seated Cardio – All</div></div>		<div><div>10:00–10:45</div><div>Jennifer Marks</div><div>PD Elite</div></div> <div><div>11:00–11:45</div><div>Jennifer Marks</div><div>PD ADV</div></div> <div><div>12:00–12:45</div><div>Jennifer Marks</div><div>PD FD</div></div> <div><div>1:00–1:45</div><div>John Treacy</div><div>Chair Volleyball</div></div> <div><div>2:00–2:45</div><div>Jeanie Bryant</div><div>Hands On – L/V</div></div> <div><div>3:00–3:45</div><div>NO CLASS</div></div> <div><div>4:00–5:00</div><div>NO CLASS</div></div>		<div><div>10:15–10:45</div><div>Lisa Coors</div><div>Floor Stretch Elite</div></div> <div><div>11:00–11:45</div><div>Lisa Coors</div><div>PD Elite Strength</div></div> <div><div>12:00–12:45</div><div>April Aloisio</div><div>Chair Yoga FD</div></div> <div><div>1:00–1:45</div><div>Therese Bibby</div><div>Strength FD</div></div> <div><div>12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule spnrgri@hotmail.comv</div></div>		<div><div>10:00–10:45</div><div>Joelle Tunning</div><div>Cardio Drumming ADV</div></div> <div><div>11:00–11:45</div><div>Joelle Tunning</div><div>PD ADV</div></div> <div><div>12:00–12:45</div><div>Therese Bibby</div><div>PD FD</div></div> <div><div>12:00–12:45</div><div>Therese Bibby</div><div>Girl Talk</div></div> <div><div>1:00–1:45</div><div>John Treacy</div><div>Cornhole Tournament</div></div> <div><div>2:00–2:45</div><div>Jeanie Bryant</div><div>Cognitive Skills ALL levels</div></div>		<div><div>9:00–9:45</div><div>Therese Bibby</div><div>Elite Boxing</div></div> <div><div>9:45-10:15</div><div>Therese Bibby</div><div>Core on the Floor (Elite)</div></div> <div><div>11:00–11:45</div><div>Joelle Tunning</div><div>Seated Cardio – All</div></div> <div><div>12:00–12:45</div><div>John Treacy</div><div>Strength & Stretch – All</div></div> <div><div>1 pm- Dr. Iris Lin "Common PD Meds" Presentation and lunch Sponsored by Supernus</div></div>	
13		4		15		16		17	
<div><div>10:00–10:45</div><div>Joelle Tunning</div><div>Floor Stretch Elite</div></div> <div><div>11:00–11:45</div><div>Joelle Tunning</div><div>Elite Dance</div></div> <div><div>12:00–12:45</div><div>April Aloisio</div><div>Chair Yoga FD</div></div> <div><div>1:00–1:45</div><div>Joelle Tunning</div><div>Seated Cardio – All</div></div> <div><div>11am-1:30pm - "Ask a Nurse" Maureen Gartner</div></div>		<div><div>Day sponsored by Cincinnati Rehabilitation Hospital</div><div><div>10:00–10:45</div><div>Jennifer Marks</div><div>PD Elite</div></div><div><div>11:00–11:45</div><div>Jennifer Marks</div><div>PD ADV</div></div><div><div>12:00–12:45</div><div>Jennifer Marks</div><div>PD FD</div></div><div><div>1:00–1:45</div><div>John Treacy</div><div>Chair Volleyball</div></div><div><div>2:00–2:45</div><div>Jeanie Bryant</div><div>Hands On – L/V</div></div><div><div>3:00–3:45</div><div>Speak Out!</div></div><div><div>4:00–5:00</div><div>NO CLASS</div></div><div><div>2pm- Ask a Dementia Specialist</div></div></div>		<div><div>10:15–10:45</div><div>Lisa Coors</div><div>Floor Stretch Elite</div></div> <div><div>11:00–11:45</div><div>Lisa Coors</div><div>PD Elite Strength</div></div> <div><div>12:00–12:45</div><div>April Aloisio</div><div>Chair Yoga FD</div></div> <div><div>1:00–1:45</div><div>Therese Bibby</div><div>Strength FD</div></div> <div><div>12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule spnrgri@hotmail.comv</div></div>		<div><div>Day sponsored by Acadia</div><div><div>10:00–10:45</div><div>Joelle Tunning</div><div>Cardio Drumming ADV</div></div><div><div>11:00–11:45</div><div>Joelle Tunning</div><div>PD ADV</div></div><div><div>12:00–12:45</div><div>Therese Bibby</div><div>PD FD</div></div><div><div>12:00–12:45</div><div>Therese Bibby</div><div>Girl Talk</div></div><div><div>1:00–1:45</div><div>John Treacy</div><div>Cornhole Tournament</div></div><div><div>2:00–2:45</div><div>Jeanie Bryant</div><div>Cognitive Skills ALL levels</div></div></div>		<div><div>9:00–9:45</div><div>Therese Bibby</div><div>Elite Boxing</div></div> <div><div>9:45-10:15</div><div>Therese Bibby</div><div>Core on the Floor (Elite)</div></div> <div><div>11:00–11:45</div><div>Joelle Tunning</div><div>Seated Cardio – All</div></div> <div><div>12:00–12:45</div><div>John Treacy</div><div>Strength & Stretch – All</div></div> <div><div>1 pm- Josh Gilmore Abbott Labs "When is the right time to consider DBS therapy" Presentation and lunch</div></div>	
20		21		22		23		24	
<div><div>10:00–10:45</div><div>Jennifer Marks</div><div>Floor Stretch Elite</div></div> <div><div>11:00–11:45</div><div>Jennifer Marks</div><div>Elite Dance</div></div> <div><div>12:00–12:45</div><div>April Aloisio</div><div>Chair Yoga FD</div></div> <div><div>1:00–1:45</div><div>Jennifer Marks</div><div>Seated Cardio – All</div></div> <div><div>7pm – Pleasant Ridge Support Group</div></div>		<div><div>10:00–10:45</div><div>Jennifer Marks</div><div>PD Elite</div></div> <div><div>11:00–11:45</div><div>Jennifer Marks</div><div>PD ADV</div></div> <div><div>12:00–12:45</div><div>Jennifer Marks</div><div>PD FD</div></div> <div><div>1:00–1:45</div><div>John Treacy</div><div>Chair Volleyball</div></div> <div><div>2:00–2:45</div><div>Jeanie Bryant</div><div>Hands On – L/V</div></div> <div><div>3:00–3:45</div><div>Speak Out!</div></div> <div><div>4:00–5:00</div><div>Speak Out-2</div></div>		<div><div>10:15–10:45</div><div>Lisa Coors</div><div>Floor Stretch Elite</div></div> <div><div>11:00–11:45</div><div>Lisa Coors</div><div>PD Elite Strength</div></div> <div><div>12:00–12:45</div><div>April Aloisio</div><div>Chair Yoga FD</div></div> <div><div>1:00–1:45</div><div>Therese Bibby</div><div>Strength FD</div></div> <div><div>12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule spnrgri@hotmail.comv</div></div>		<div><div>10:00–10:45</div><div>Joelle Tunning</div><div>Cardio Drumming ADV</div></div> <div><div>11:00–11:45</div><div>Joelle Tunning</div><div>PD ADV</div></div> <div><div>12:00–12:45</div><div>Therese Bibby</div><div>PD FD</div></div> <div><div>12:00–12:45</div><div>Therese Bibby</div><div>Girl Talk</div></div> <div><div>1:00–1:45</div><div>John Treacy</div><div>Cornhole Tournament</div></div> <div><div>2:00–2:45</div><div>Jeanie Bryant</div><div>Cognitive Skills ALL levels</div></div>		<div><div>9:00–9:45</div><div>Therese Bibby</div><div>Elite Boxing</div></div> <div><div>9:45-10:15</div><div>Therese Bibby</div><div>Core on the Floor (Elite)</div></div> <div><div>11:00–11:45</div><div>Joelle Tunning</div><div>Seated Cardio – All</div></div> <div><div>12:00–12:45</div><div>John Treacy</div><div>Strength & Stretch – All</div></div>	
27		28		29		30		31	
<div><div>10:00–10:45</div><div>Joelle Tunning</div><div>Floor Stretch Elite</div></div> <div><div>11:00–11:45</div><div>Joelle Tunning</div><div>Elite Dance</div></div> <div><div>12:00–12:45</div><div>April Aloisio</div><div>Chair Yoga FD</div></div> <div><div>1:00–1:45</div><div>Joelle Tunning</div><div>Seated Cardio – All</div></div>		<div><div>10:00–10:45</div><div>Jennifer Marks</div><div>PD Elite</div></div> <div><div>11:00–11:45</div><div>Jennifer Marks</div><div>PD ADV</div></div> <div><div>12:00–12:45</div><div>Jennifer Marks</div><div>PD FD</div></div> <div><div>1:00–1:45</div><div>John Treacy</div><div>Chair Volleyball</div></div> <div><div>2:00–2:45</div><div>Jeanie Bryant</div><div>Hands On – L/V</div></div> <div><div>3:00–3:45</div><div>Speak Out!</div></div> <div><div>4:00–5:00</div><div>NO CLASS</div></div>		<div><div>10:15–10:45</div><div>Lisa Coors</div><div>Floor Stretch Elite</div></div> <div><div>11:00–11:45</div><div>Lisa Coors</div><div>PD Elite Strength</div></div> <div><div>12:00–12:45</div><div>April Aloisio</div><div>Chair Yoga FD</div></div> <div><div>1:00–1:45</div><div>Therese Bibby</div><div>Strength FD</div></div>		<div><div>10:00–10:45</div><div>Joelle Tunning</div><div>Cardio Drumming ADV</div></div> <div><div>11:00–11:45</div><div>Joelle Tunning</div><div>PD ADV</div></div> <div><div>12:00–12:45</div><div>Therese Bibby</div><div>PD FD</div></div> <div><div>12:00–12:45</div><div>Therese Bibby</div><div>Girl Talk</div></div> <div><div>1:00–1:45</div><div>John Treacy</div><div>Cornhole Tournament</div></div> <div><div>2:00–2:45</div><div>Jeanie Bryant</div><div>Cognitive Skills ALL levels</div></div>		<div><div>9:00–9:45</div><div>Therese Bibby</div><div>Elite Boxing</div></div> <div><div>9:45-10:15</div><div>Therese Bibby</div><div>Core on the Floor (Elite)</div></div> <div><div>11:00–11:45</div><div>Joelle Tunning</div><div>Seated Cardio – All</div></div> <div><div>12:00–12:45</div><div>John Treacy</div><div>Strength & Stretch – All</div></div>	
<div>Key:</div>		<div>FD = Target Foundations Open to All</div>		<div>ADV = Target Advanced Open to Elite</div>		<div>Elite = Only Elite</div>		<div>PD = Parkinsons Disease</div>	
								<div>L = Live (In Person) V = Virtual (Connect via video link)</div>	

Thanks to our ADVERTISING SPONSORS

