2025	February	Parkinson Community Fitness		9687 Kenwood Road Blue Ash, Ohio 45242		(513) 793-6683		Open 10:00 – 2:00	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
III.O1	3		4	***	5	1110	6		7
10:00–10:45 Joelle Tunning	Floor Stretch Elite	10:00-10:45 Jennifer Marks	PD Elite	10:15–10:45 Jennifer Marks	Floor Stretch Elite	10:00-10:45 Joelle Tunning	Cardio Drumming ADV	9:00-9:45 Therese Bibby	Elite Boxing
11:00–11:45 Joelle Tunning	Elite Dance	11:00–11:45 Jennifer Marks	PD ADV	11:00–11:45 Jennifer Marks	PD Elite Strength	11:00–11:45 Joelle Tunning	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 Jennifer Marks	PD FD	12:00–12:45 April Aloisio	Chair Yoga FD	12:00–12:45 Therese Bibby	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 – L/V			1:00-1:45 John Treacy	Cornhole Tournament		Marsha Smith n Time Each Day"
		3:00-3:45 Mt. St. Joe	Speak Out!			2:00–2:45 Jeanie Bryant	Cognitive Skills ALL levels		Supernus, GoCovri provided
	10	Day spor	nsored by bilitation Hospital		12		13		14
10:00–10:45 Joelle Tunning	Floor Stretch Elite	10:00–10:45 Jennifer Marks	PD Elite	10:15–10:45 Lisa Coors	Floor Stretch Elite	10:00–10:45 Joelle Tunning	Cardio Drumming ADV	9:00-9:45 Therese Bibby	Elite Boxing
11:00–11:45 Joelle Tunning	Elite Dance	11:00–11:45 Jennifer Marks	PD ADV	11:00–11:45 Lisa Coors	PD Elite Strength	11:00–11:45 Joelle Tunning	PD ADV	9:45-10:15 Therese Bibby	Core on the Floor (Elite)
12:00 12:45	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	PD FD	11:00–11:45 Joelle Tunning	NO CLASS
1:00-1:45	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
	"Ask a Nurse"	2:00-2:45 Jeanie Bryant	Hands On – L/V		inseling Services	1:00-1:45 John Treacy	Cornhole Tournament		
Wadiee	ii Carther	3:003:45 Mt. St. Joe	Speak Out!	email Donna I	Burnett directly to rgrl@hotmail.com	2:00-2:45 Jeanie Bryant	Cognitive Skills ALL levels		
		2pm- Ask a De	mentia Specialist			_			
10:00-10:45	Floor Stretch	40-00 40-45	18	10:15-10:45	Floor Stretch	Day sponsore 10:00–10:45	ed by Acadia Cardio	9:00-9:45	21
Jennifer Marks 11:00–11:45	Elite	10:00–10:45 Jennifer Marks 11:00–11:45	PD Elite	Lisa Coors 11:00–11:45	Elite PD Elite	Joelle Tunning 11:00–11:45	Drumming ADV	9:00–9:45 Therese Bibby 9:45-10:15	Elite Boxing Core on the
Jennifer Marks	Elite Dance	Jennifer Marks 12:00–12:45	PD ADV	Lisa Coors 12:00–12:45	Strength	Joelle Tunning 12:00–12:45	PD ADV	Therese Bibby 11:00–11:45	Floor (Elite) Seated Cardio
April Aloisio 1:00–1:45	Chair Yoga FD Seated Cardio	Jennifer Marks	PD FD	April Aloisio 1:00–1:45	Chair Yoga FD	Therese Bibby 12:00–12:45	PD FD Girl Talk	Joelle Tunning 12:00–12:45	- All Strength &
Jennifer Marks	– All	John Treacy 2:00-2:45	Chair Volleyball	Therese Bibby	Strength FD	1:00-1:45	Cornhole	John Treacy	Stretch – All
		Jeanie Bryant 3:00-3:45	Hands On – L/V Speak Out!			John Treacy 2:00-2:45	Tournament Cognitive Skills		
7pm Pleasant Ridge Support Group		Mt. St. Joe 4:00-5:00	Speak Out-2			Jeanie Bryant	ALL levels		
Gr						l			
Gr		Mt. St. Joe	•						
	24		25	40.45 40.45	26		Cardio 27	0.00 0.45	28
10:00–10:45 Joelle Tunning	24 Floor Stretch Elite	10:00–10:45 Jennifer Marks	•	10:15–10:45 Lisa Coors	Floor Stretch Elite	10:00–10:45 Joelle Tunning	27 Cardio Drumming ADV	9:00–9:45 Therese Bibby	Elite Boxing
10:00–10:45 Joelle Tunning 11:00–11:45 Joelle Tunning	Floor Stretch	10:00–10:45 Jennifer Marks 11:00–11:45 Jennifer Marks	PD Elite PD ADV	Lisa Coors 11:00–11:45 Lisa Coors	Floor Stretch Elite PD Elite Strength	10:00–10:45 Joelle Tunning 11:00–11:45 Joelle Tunning	Cardio Drumming ADV PD ADV	Therese Bibby 9:45-10:15 Therese Bibby	Elite Boxing Core on the Floor (Elite)
10:00–10:45 Joelle Tunning 11:00–11:45 Joelle Tunning 12:00–12:45 April Aloisio	Floor Stretch Elite Elite Dance Chair Yoga FD	10:00–10:45 Jennifer Marks 11:00–11:45 Jennifer Marks 12:00–12:45 Jennifer Marks	PD Elite PD ADV PD FD	Lisa Coors 11:00–11:45 Lisa Coors 12:00–12:45 April Aloisio	Floor Stretch Elite PD Elite Strength Chair Yoga FD	10:00–10:45 Joelle Tunning 11:00–11:45 Joelle Tunning 12:00–12:45 Therese Bibby	Cardio Drumming ADV PD ADV PD FD	Therese Bibby 9:45-10:15 Therese Bibby 11:00-11:45 Joelle Tunning	Elite Boxing Core on the Floor (Elite) Seated Cardio – All
10:00–10:45 Joelle Tunning 11:00–11:45 Joelle Tunning 12:00–12:45	Floor Stretch Elite Elite Dance	10:00–10:45 Jennifer Marks 11:00–11:45 Jennifer Marks 12:00–12:45 Jennifer Marks 1:00–1:45 John Treacy	PD Elite PD ADV PD FD Chair Volleyball	Lisa Coors 11:00–11:45 Lisa Coors 12:00–12:45 April Aloisio 1:00–1:45 Therese Bibby	Floor Stretch Elite PD Elite Strength Chair Yoga FD Strength FD	10:00–10:45 Joelle Tunning 11:00–11:45 Joelle Tunning 12:00–12:45 Therese Bibby 12:00–12:45	Cardio Drumming ADV PD ADV PD FD Girl Talk	Therese Bibby 9:45-10:15 Therese Bibby 11:00–11:45 Joelle Tunning 12:00–12:45 John Treacy	Core on the Floor (Elite) Seated Cardio – All Strength & Stretch – All
10:00–10:45 Joelle Tunning 11:00–11:45 Joelle Tunning 12:00–12:45 April Aloisio 1:00–1:45	Floor Stretch Elite Elite Dance Chair Yoga FD Seated Cardio	10:00–10:45 Jennifer Marks 11:00–11:45 Jennifer Marks 12:00–12:45 Jennifer Marks 1:00–1:45	PD Elite PD ADV PD FD	Lisa Coors 11:00-11:45 Lisa Coors 12:00-12:45 April Aloisio 1:00-1:45 Therese Bibby 12-3pm - Cou	Floor Stretch Elite PD Elite Strength Chair Yoga FD	10:00–10:45 Joelle Tunning 11:00–11:45 Joelle Tunning 12:00–12:45 Therese Bibby	Cardio Drumming ADV PD ADV PD FD	Therese Bibby 9:45-10:15 Therese Bibby 11:00–11:45 Joelle Tunning 12:00–12:45 John Treacy 1 pm - E New Amneal	Elite Boxing Core on the Floor (Elite) Seated Cardio – All Strength &













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