

2025 February



9687 Kenwood Road
Blue Ash, Ohio 45242

(513) 793-6683

Open 10:00 – 2:00

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--|------------------------|-------------------------------|------------------|--|------------------------|-------------------------------|--------------------------------|---|------------------------------|
| 3 | | 4 | | 5 | | 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 – LV | | | 1:00–1:45 John Treacy | Cornhole Tournament | 1pm - Dr. Marsha Smith "More Good On Time Each Day" Sponsored by Supernus, GoCovri Lunch provided | |
| | | 3:00–3:45 Mt. St. Joe | Speak Out! | | | 2:00–2:45 Jeanie Bryant | Cognitive Skills ALL levels | | |
| 10 | | 11 | | 12 | | 13 | | 14 | |
| Day sponsored by Cincinnati Rehabilitation Hospital | | 10:00–10:45 Jennifer Marks | | 10:15–10:45 Lisa Coors | | 10:00–10:45 Joelle Tunning | | 9:00–9:45 Therese Bibby | |
| 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 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 | NO CLASS |
| 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 |
| 11am-1:30pm - "Ask a Nurse" Maureen Gartner | | 2:00–2:45 Jeanie Bryant | Hands On – LV | 12 - 3pm - Counseling Services Available email Donna Burnett directly to schedule: spnrg1@hotmail.com | | 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 | | |
| 17 | | 18 | | 19 | | 20 | | 21 | |
| Day sponsored by Acadia | | 10:00–10:45 Jennifer Marks | | 10:15–10:45 Lisa Coors | | 10:00–10:45 Joelle Tunning | | 9:00–9:45 Therese Bibby | |
| 10:00–10:45 Jennifer Marks | 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 Jennifer Marks | 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 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 Jennifer Marks | 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 | | |
| 7pm – Pleasant Ridge Support Group | | 3:00–3:45 Mt. St. Joe | Speak Out! | | | 2:00–2:45 Jeanie Bryant | Cognitive Skills ALL levels | | |
| | | 4:00–5:00 Mt. St. Joe | Speak Out-2 | | | | | | |
| 24 | | 25 | | 26 | | 27 | | 28 | |
| 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 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 – LV | 12 - 3pm - Counseling Services Available email Donna Burnett directly to schedule: spnrg1@hotmail.com | | 1:00–1:45 John Treacy | Cornhole Tournament | 1 pm - Dr. Bahroo New Amneal medication for PD Sponsored by Amneal Lunch Provided | |
| | | 3:00–3:45 Mt. St. Joe | Speak Out! | | | 2:00–2:45 Jeanie Bryant | Cognitive Skills ALL levels | | |



Denotes Presentation or Special Event
(Please Sign Up at Front Desk)

| | | | | | |
|------|-------------------------------------|-------------------------------------|--------------------|-------------------------|--|
| 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) |
|------|-------------------------------------|-------------------------------------|--------------------|-------------------------|--|

Thanks to our ADVERTISING SPONSORS

