

2025 March



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 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 <small>Time change</small>
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	11:00–11:45 John Treacy	Strength & Stretch – All
		2:00–2:45 Jeanie Bryant	Hands On – LV			1:00–1:45 John Treacy	Cornhole Tournament	1pm-Presentation: "Benefits of Plant Based Diet" -Dr. Preeti, RD Lunch served	
		3:00–3:45 Mt. St. Joe	NO CLASS			2:00–2:45 Jeanie Bryant	NO CLASS		
10		11		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
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		2:00–2:45 Jeanie Bryant	Hands On – LV			1:00–1:45 John Treacy	Cornhole Tournament	1pm-Presentation: "Dental Health for PD" -Cindy Bosse Retired Dental Hygienist Lunch served	
		3:00–3:45 Mt. St. Joe	Speak Out!			2:00–2:45 Jeanie Bryant	Cognitive Skills ALL levels		
			2pm- Ask a Dementia Specialist						
17		18		19		20		21	
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	Day sponsored by Supernus	
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	9:00–9:45 Therese Bibby	Elite Boxing
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		2:00–2:45 Jeanie Bryant	Hands On – LV			1:00–1:45 John Treacy	Cornhole Tournament	12:00–12:45 John Treacy	Strength & Stretch – All
		3:00–3:45 Mt. St. Joe	Speak Out!			2:00–2:45 Jeanie Bryant	Cognitive Skills ALL levels		
	7pm – Pleasant Ridge Support Group	3:00–3:45 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	Day sponsored by Cincinnati Rehabilitation Hospital		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	10:00–10:45 Joelle Tunning	Cardio Drumming ADV	9:45-10:15 Therese Bibby	Core on the Floor (Elite)
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		2:00–2:45 Jeanie Bryant	Hands On – LV			1:00–1:45 John Treacy	Cornhole Tournament	1 pm- Dr. Cara Jacpbs UCGNI "Constipation Issues with PD" Lunch Provided	
		3:00–3:45 Mt. St. Joe	Speak Out!			2:00–2:45 Jeanie Bryant	Cognitive Skills ALL levels		
31									
10:00–10:45 Joelle Tunning	Floor Stretch Elite	 Denotes Presentation or Special Event that requires sign up (If not otherwise indicated, please Sign Up at Front Desk)							
11:00–11:45 Joelle Tunning	Elite Dance								
12:00–12:45 April Aloisio	Chair Yoga FD								
1:00–1:45 Joelle Tunning	Seated Cardio – All								
Key:		FD = Target Foundations Open to All	ADV = Target Advanced Open to Elite	Elite = Only Elite	PD = Parkinson Disease	L = Live (In Person) V = Virtual (Connect via video link)			

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