2025	March	Parkinson Community Fitness HOPE, HEALTH, ACCEPTANCE		9687 Kenwood Road Blue Ash, Ohio 45242		(513) 793-6683		Open 10:00 – 2:00	
MC	NDAY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10:00-10:45	Floor Stretch	10:00-10:45	4	10:15–10:45	Floor Stretch	10:00-10:45	Cardio 6	9:00-9:45	7
Joelle Tunning	Elite	Jennifer Marks	PD Elite	Lisa Coors	Elite	Joelle Tunning	Drumming ADV	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)
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 Time change
1:00-1:45	Seated Cardio	1:00-1:45	Chair Volleyball	1:00-1:45	Strength FD	12:00-12:45	Girl Talk	11:00-11:45	Strength &
Joelle Tunning	– All	John Treacy	Chair Volleybair	Therese Bibby	ouongui i b	1:00-1:45	Cornhole	John Treacy	Stretch – All
		2:00-2:45 Jeanie Bryant	Hands On – L/V			John Treacy	Tournament		resentation: Plant Based Diet"-
		3:003:45	NO CLASS			2:00-2:45	NO CLASS	Dr. F	Preeti, RD
		Mt. St. Joe	NO OLAGO			Jeanie Bryant	NO OLAGO	Lunc	ch served
	10		11		12		13		14
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	
Joelle Tunning	Elite	Jennifer Marks	PD Elite	Lisa Coors	Elite	Joelle Tunning	Drumming ADV	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	11:00–11:45 Joelle Tunning	PD ADV	9:45-10:15 Therese Bibby	Core on the Floor (Elite)
12:00-12:45	01 : 1/ 50	12:00–12:45	DD FD	12:00-12:45	Strength	12:00–12:45	DD	11:00–11:45	Seated Cardio
April Aloisio	Chair Yoga FD	Jennifer Marks	PD FD	April Aloisio	Chair Yoga FD	Therese Bibby	PD FD	Joelle Tunning	– All
1:00-1:45	Seated Cardio	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	Strength &
Joelle Tunning	– All	2:00-2:45		Inerese Bibby	-	1:00-1:45	Cornhole	John Treacy	Stretch – All
		Jeanie Bryant	Hands On – L/V			John Treacy	Tournament	"Dental F	resentation: Health for PD"
		3:00-3:45	Speak Out!			2:00-2:45	Cognitive Skills		dy Bosse ental Hygienist
		Mt. St. Joe	mentia Specialist			Jeanie Bryant	ALL levels		ch served
	17	Zpili- Ask a De	18		19		20	Day sponsored	by Supernus 21
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
Joelle Tunning 11:00–11:45	Elite	Jennifer Marks 11:00–11:45		Lisa Coors 11:00–11:45	Elite PD Elite	Joelle Tunning 11:00–11:45	Drumming ADV	9:45-10:15	Core on the
Joelle Tunning	Elite Dance	Jennifer Marks	PD ADV	Lisa Coors	Strength	Joelle Tunning	PD ADV	Therese Bibby	Floor (Elite)
12:00-12:45	Chair Yoga FD	12:00-12:45	PD FD	12:00-12:45	Chair Yoga FD	12:00-12:45	PD FD	11:00-11:45	Seated Cardio
April Aloisio 1:00-1:45	Seated Cardio	Jennifer Marks 1:00–1:45		April Aloisio 1:00–1:45		Therese Bibby 12:00–12:45	Girl Talk	Joelle Tunning 12:00–12:45	- All Strength &
Joelle Tunning	– All	John Treacy	Chair Volleyball	Therese Bibby	Strength FD	12.00-12.45	Gill Taik	John Treacy	Stretch – All
		2:00-2:45	Hands On – L/V			1:00-1:45	Cornhole	•	
		Jeanie Bryant 3:00-3:45	Tiding Oil E, V			John Treacy 2:00–2:45	Tournament Cognitive Skills	•	
7nm Pleasa	ant Ridge Support	Mt. St. Joe	Speak Out!			Jeanie Bryant	ALL levels		
	Froup	3:003:45	Speak Out-2					•	
	0.4	Mt. St. Joe	•		20	Day spor	nsored by		200
10:00-10:45	Floor Stretch	10:00-10:45	25	10:15–10:45	Floor Stretch	Cincinnati Rehat	cardio Cardio	9:00-9:45	28
Joelle Tunning	Elite	Jennifer Marks	PD Elite	Lisa Coors	Elite	Joelle Tunning	Drumming ADV	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 12:00–12:45		Jennifer Marks 12:00–12:45		Lisa Coors 12:00–12:45	Strength	Joelle Tunning 12:00–12:45		Therese Bibby 11:00–11:45	Floor (Elite) Seated Cardio
April Aloisio	Chair Yoga FD	Jennifer Marks	PD FD	April Aloisio	Chair Yoga FD	Therese Bibby	PD FD	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 2:00-2:45	•	Therese Bibby	Ü	1:00-1:45	Cornhole	John Treacy	Stretch – All
		Jeanie Bryant	Hands On – L/V			John Treacy	Tournament		ra Jacpbs UCGNI n Issues with PD"
		3:00-3:45	Speak Out!			2:00-2:45	Cognitive Skills		Provided
		Mt. St. Joe				Jeanie Bryant	ALL levels		
	31								VINCON PICES
10:00–10:45 Floor Stretch						- 0		N 4	OVE IT
Joelle Tunning	Elite	Supernus®							LOSE IT
11:00–11:45 Joelle Tunning	Elite Dance				Pharmaceuticals				ing with Exercise
12:00-12:45	Chair Yoga FD							Sudific	A Some
April Aloisio			a Hope with Do					Hel	T ia
	1:00-1:45 Seated Cardio Joelle Tunning - All			CINCINIATI			A Better Approach to		
oosile running							INIATI	MEMORY CARE	
A Better Appro MEMORY (ach to ARF	REI	HABILITATION HOSPITAL			Presentation or that requires sign up	
		WEWORTCARE			at BLUE ASH			(If not otherwise	indicated, please Sign Front Desk)
•		I						Op at 1	
Key:	FD = Target Founda	ations Open to All	ADV = Target Advar	ced Open to Elita	Elite = Or	alv Elito	PD = Parkinsons	L = Live (In Pe	rson)

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