2025	April	Community Fitness HOPE, HEALTH, ACCEPTANCE		9687 Kenwood Road Blue Ash, Ohio 45242		(513) 793-6683		Open 10:00 – 2:00	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		12:45 - Plant. base	ed food samples 1		2		ed by Acadia 3		4
		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
	M /	11:00–11:45	DD 4D)/	11:00–11:45	PD Elite	11:00–11:45		9:45-10:15	Core on the
		Jennifer Marks	PD ADV	Lisa Coors	Strength	Joelle Tunning	PD ADV	Therese Bibby	Floor (Elite)
	tional	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
	reness	Jennifer Marks	1515	April Aloisio	- Chair rogar B	Joelle Tunning		Joelle Tunning	– All
	lonth	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
20		2:00–2:45		Therese bloby		1:00-1:45	Cornhole	John Heacy	Stretch - All
		Jeanie Bryant	Hands On – L/V			John Treacy	Tournament		
		3:00-3:45	Speak Out!			2:00-2:45	Cognitive Skills	•	
HS/M		Mt. St. Joe	орсак оан			Jeanie Bryant	ALL levels		
	7	<b>12:45</b> - Plant. base	ed food samples 8		9		10		11
10:00-10:45	Floor Stretch	10:00-10:45		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	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	Line Dance	Jennifer Marks	TOADV	Lisa Coors	Strength	Joelle Tunning	I D 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 &
1:00-1:45 Joelle Tunning	– All	1:00-1:45 John Treacy	Chair Volleyball	1:00-1:45 Therese Bibby	Strength FD	12:00-12:45	GIII TAIK	12:00-12:45 John Treacy	Strength & Stretch – All
	,	2:00-2:45	Handa On I A/		Donna Burnett	1:00-1:45	Cornhole		
		Jeanie Bryant	Hands On – L/V	Counseling S	ervices Available	John Treacy	Tournament	"Commo	Dr. Iris Lin on PD Meds"
		3:00-3:45	Speak Out!		tly to schedule hotmail.comv	2:00-2:45	Cognitive Skills		ion and lunch
		Mt. St. Joe		spingrie	HOTHIAH.COMV	Jeanie Bryant	ALL levels	Sponsored	d by Supernus
			mentia Specialist Youngstrom						
			ed food samples 15		16		17		18
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 Ellie	Lisa Coors	Elite	Joelle Tunning	Drumming ADV	Lisa Coors	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		Lisa Coors	Floor (Elite)
12:00–12:45 Jennifer Marks	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	1:00 1:45		1:00-1:45		12:00–12:45	Girl Talk	11:00–11:45	Strength &
Joelle Tunning	– All	John Treacy	Chair Volleyball	Therese Bibby	Strength FD	12.00		John Treacy	Stretch – All
	"A alo a Nicora"	2:00-2:45	Hands On – L/V		Donna Burnett	1:00-1:45	Cornhole		
	- "Ask a Nurse" en Gartner	Jeanie Bryant	Tidilus Oli E/V		ervices Available tly to schedule	John Treacy	Tournament	Note Time	e Change for
		3:00-3:45	Speak Out!		hotmail.comv	2:00-2:45	Cognitive Skills	John's Cla	ass this week
		Mt. St. Joe 4:00-5:00				Jeanie Bryant	ALL levels		
		Mt. St. Joe	Speak Out-2						
Day spon Cincinnati Rehab			ed food samples 22		23		24		25
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	Elite	Jennifer Marks	1 B Lino	Lisa Coors	Elite	Joelle Tunning	Drumming ADV	Therese Bibby	<u> </u>
11:00-11:45	Elite Dance	11:00–11:45 Jennifer Marks	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		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	NO CLASS	12:00-12:45	Girl Talk	12:00-12:45	Strength &
Joelle Tunning	– All	John Treacy	Chair volleyball	Therese Bibby	NO CLASS			John Treacy	Stretch - All
		2:00-2:45	Hands On – L/V	1 pm. Dr	Zaidi UCGNI	1:00–1:45	Cornhole		
		Jeanie Bryant		"Neurophsychia	tric Issues with PD"	John Treacy	Tournament Cognitive Skills		
		3:00-3:45 Mt. St. Joe	Speak Out!	Lunc	h served	2:00-2:45 Jeanie Bryant	ALL levels		
•	ant Ridge Support Group	51. 300				- I I I I I I I I I I I I I I I I I I I	01010		
	•								
	28		ed food samples 29		30			PAR	(INSON DISEASE
10:00-10:45	Floor Stretch	10:00-10:45	PD Elite	10:15–10:45	Floor Stretch			M M	OVE IT
Joelle Tunning 11:00–11:45	Elite	Jennifer Marks 11:00–11:45		Jennifer Marks 11:00–11:45	Elite PD Elite	$+ \bigcirc A$	CADIA	OR	LOSE IT
Joelle Tunning	Elite Dance	Jennifer Marks	PD ADV	Jennifer Marks	Strength	1		Fight	ing with Exercise
12:00-12:45	Chair Vogo ED	12:00-12:45	PD FD	12:00-12:45	Chair Yoga FD	1		340	pe with o
April Aloisio	Chair Yoga FD	Jennifer Marks	טוטו	April Aloisio	Ghair Tuga FD	S111	)erniic®	2	
1:00-1:45	Seated Cardio	1:00-1:45	Chair Volleyball	1:00-1:45	Strength FD	<b>S</b> ul	Dernus® - Pharmaceuticals	H C	Par É
Joelle Tunning	– All	John Treacy	- ,	Therese Bibby	J	-		A Rotton	Approach to
		2:00–2:45 Jeanie Bryant Hands On – L/V					A Better A MEMOR		RYCARE
		-				CINC	ITAMMI		
		Speak Out! Will return in the Fall				REHABILITA at			Presentation or
								Spec (Please Sign	cial Event Up at Front Desk)
						1			
							PD = Parkinsons	L = Live (In Pe	reon)

## Thanks to our ADVERTISING SPONSORS





















The Power of Physical Therapy™













