

2025 April



9687 Kenwood Road
Blue Ash, Ohio 45242

(513) 793-6683

Open 10:00 – 2:00

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		12:45 - Plant. based food samples 1		2		Day sponsored by Acadia 3		4	
	10:00-10:45 Jennifer Marks PD 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 PD ADV	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 Jennifer Marks PD FD	12:00-12:45 Jennifer Marks PD FD	12:00-12:45 April Aloisio Chair Yoga FD	12:00-12:45 Joelle Tunning PD FD	11:00-11:45 Joelle Tunning Seated Cardio - All				
	1:00-1:45 John Treacy Chair Volleyball	1:00-1:45 John Treacy Chair Volleyball	1:00-1:45 Therese Bibby Strength FD	12:00-12:45 Therese Bibby Girl Talk	12:00-12:45 John Treacy Strength & Stretch - All				
	2:00-2:45 Jeanie Bryant Hands On - LV	2:00-2:45 Jeanie Bryant Hands On - LV		1:00-1:45 John Treacy Cornhole Tournament					
	3:00-3:45 Mt. St. Joe Speak Out!	3:00-3:45 Mt. St. Joe Speak Out!		2:00-2:45 Jeanie Bryant Cognitive Skills ALL levels					
		7 12:45 - Plant. based food samples 8		9		10		11	
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 John Treacy Girl Talk	12:00-12:45 John Treacy Strength & Stretch - All					
	2:00-2:45 Jeanie Bryant Hands On - LV	12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule spnrgrl@hotmail.com	1:00-1:45 John Treacy Cornhole Tournament	1 pm- Dr. Iris Lin "Common PD Meds" Presentation and lunch Sponsored by Supernus					
	3:00-3:45 Mt. St. Joe Speak Out!		2:00-2:45 Jeanie Bryant Cognitive Skills ALL levels						
	2pm - Ask a Dementia Specialist with Teresa Youngstrom								
		14 12:45 - Plant. based food samples 15		16		17		18	
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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 Therese Bibby Girl Talk	11:00-11:45 John Treacy Strength & Stretch - All					
11am-1:30pm - "Ask a Nurse" Maureen Gartner	2:00-2:45 Jeanie Bryant Hands On - LV	12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule spnrgrl@hotmail.com	1:00-1:45 John Treacy Cornhole Tournament	Note Time Change for John's Class this week					
	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								
		21 12:45 - Plant. based food samples 22		23		24		25	
Day sponsored by Cincinnati Rehabilitation Hospital		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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1:00-1:45 Joelle Tunning Seated Cardio - All	2:00-2:45 Jeanie Bryant Hands On - LV	1 pm- Dr. Zaidi UCGNI "Neuropsychiatric Issues with PD" Lunch served	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						
7pm - Pleasant Ridge Support Group									
		28 12:45 - Plant. based food samples 29		30					
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	2:00-2:45 Jeanie Bryant Hands On - LV								
	Speak Out! Will return in the Fall								
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)			

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