

2025 May



P.O. Box 8805, 9687 Kenwood Road, Blue Ash, Ohio 45242

(513) 793-6683

Open 10:00 – 2:00

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<p>PARKINSON DISEASE MOVE IT OR LOSE IT Fighting with Exercise</p> <p>Denotes Presentation or Special Event (Please Sign Up at Front Desk)</p>		<p>Help you live with Dementia A Better Approach to MEMORY CARE</p>				<p>1</p>		<p>2</p>		<p>3</p>	
								<p>9:00-9:45 Elite Boxing Theresa</p>			
								<p>9:45-10:15 Elite Core on the Floor Theresa</p>			
								<p>11:00-11:45 FD Cardio Joelle</p>			
								<p>12:00-12:45 FD Strength & Stretch John</p>			
<p>1:00-1:45 Cornhole Tournament John</p>		<p>2:00-2:45 Cognitive Skills Jeanie</p>		<p>1pm- Presentation and Lunch Dr. Alberto Espay Sponsored by Supernus</p>		<p>10:00-10:45 ADV Cardio Drumming Joelle</p>		<p>9:00-9:45 Elite Boxing Lisa</p>		<p>10:00-10:45 ADV Balance Basics Gretchen</p>	
<p>11:00-11:45 ADV Strength Joelle</p>		<p>11:00-11:45 ADV Strength Joelle</p>		<p>11:00-11:45 Elite- Total body Lisa</p>		<p>11:00-11:45 ADV Strength Joelle</p>		<p>9:45-10:15 Elite Core on the Floor Theresa</p>		<p>11:00-11:45 FD - Total body Gretchen</p>	
<p>12:00-12:45 Chair Yoga April</p>		<p>12:00-12:45 FD Strength Jennifer</p>		<p>12:00-12:45 Chair Yoga April</p>		<p>12:00-12:45 FD - Total body Theresa</p>		<p>11:00-11:45 FD Cardio Joelle</p>		<p>11:00-11:45 FD - Total body Gretchen</p>	
<p>1:00-1:45 FD Cardio Joelle</p>		<p>1:00-1:45 Chair Volleyball John</p>		<p>1:00-1:45 FD-Cardio & Coordination Theresa</p>		<p>12:00-12:45 Girl Talk</p>		<p>12:00-12:45 FD Strength & Stretch John</p>		<p>12:00-12:45 FD Strength & Stretch John</p>	
<p>2:00-2:45 Hands On - L/V Jeanie</p>		<p>2pm - Ask a Dementia Specialist with Teresa Youngstrom</p>		<p>1:00-1:45 Cornhole Tournament John</p>		<p>2:00-2:45 Cognitive Skills Jeanie</p>		<p>1:00-1:45 Cornhole Tournament John</p>		<p>1:00-1:45 Cornhole Tournament John</p>	
<p>12</p>		<p>12:45 - Plant based food samples</p>		<p>14</p>		<p>Day sponsored by Acadia</p>		<p>15</p>		<p>16</p>	
<p>10:00-10:45 Elite Stretch Joelle</p>		<p>10:00-10:45 Elite Strength Jennifer</p>		<p>10:15-10:45 Elite Floor Stretch Lisa</p>		<p>10:00-10:45 ADV Cardio Drumming Joelle</p>		<p>9:00-9:45 Elite Boxing Theresa</p>		<p>10:00-10:45 ADV Balance Basics Gretchen</p>	
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<p>1:00-1:45 FD Cardio Joelle</p>		<p>1:00-1:45 Chair Volleyball John</p>		<p>1:00-1:45 FD-Cardio & Coordination Theresa</p>		<p>12:00-12:45 Girl Talk</p>		<p>12:00-12:45 FD Strength & Stretch John</p>		<p>12:00-12:45 FD Strength & Stretch John</p>	
<p>11am-1:30pm - "Ask a Nurse" with Maureen Gartner</p>		<p>2:00-2:45 Hands On - L/V Jeanie</p>		<p>12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule: spnrgrl@hotmail.comv</p>		<p>1:00-1:45 Cornhole Tournament John</p>		<p>1-2:00pm Presentation and lunch Kara Byrnside, Right at Home</p>		<p>1:00-1:45 Cornhole Tournament John</p>	
<p>6-8:00pm Beach Party!</p>		<p>19</p>		<p>20</p>		<p>21</p>		<p>22</p>		<p>23</p>	
<p>10:00-10:45 Elite Stretch Jennifer</p>		<p>10:00-10:45 Elite Strength Jennifer</p>		<p>10:15-10:45 Elite Floor Stretch Lisa</p>		<p>10:00-10:45 ADV Cardio Drumming Jenna</p>		<p>9:00-9:45 Elite Boxing Theresa</p>		<p>10:00-10:45 ADV Cardio Blast Jenna</p>	
<p>11:00-11:45 Elite Cardio Jennifer</p>		<p>11:00-11:45 ADV Strength Jennifer</p>		<p>11:00-11:45 Elite- Total body Lisa</p>		<p>11:00-11:45 ADV Strength Jenna</p>		<p>9:45-10:15 Elite Core on the Floor Theresa</p>		<p>10:00-10:45 ADV Cardio Blast Jenna</p>	
<p>12:00-12:45 Chair Yoga April</p>		<p>12:00-12:45 FD Strength Jennifer</p>		<p>12:00-12:45 Chair Yoga April</p>		<p>12:00-12:45 FD - Total body Theresa</p>		<p>11:00-11:45 NO CLASS Joelle</p>		<p>11:00-11:45 FD - Total body Jenna</p>	
<p>1:00-1:45 FD Cardio Jennifer</p>		<p>1:00-1:45 Chair Volleyball John</p>		<p>1:00-1:45 FD-Cardio & Coordination Theresa</p>		<p>12:00-12:45 Girl Talk</p>		<p>11:00-11:45 FD Strength & Stretch John</p>		<p>11:00-11:45 FD Strength & Stretch John</p>	
<p>7pm -- Pleasant Ridge Support Group</p>		<p>2:00-2:45 Hands On - L/V Jeanie</p>		<p>1:00-1:45 Cornhole Tournament John</p>		<p>2:00-2:45 Cognitive Skills Jeanie</p>		<p>1:00-1:45 Cornhole Tournament John</p>		<p>1-2:00pm Student Graduates Party Come celebrate!</p>	
<p>2:00-2:45 Cognitive Skills Jeanie</p>		<p>26</p>		<p>27</p>		<p>28</p>		<p>29</p>		<p>30</p>	
<p>NO CLASSES</p>		<p>12:45 - Plant based food samples</p>		<p>10:15-10:45 Elite Floor Stretch Lisa</p>		<p>10:00-10:45 ADV Cardio Drumming Joelle</p>		<p>9:00-9:45 Elite Boxing Theresa</p>		<p>10:00-10:45 ADV Cardio Blast Jenna</p>	
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Note Time Change for John's Class this week

Key: FD = Target Foundations Open to All ADV = Target Advanced Open to Elite Elite = Only Elite PD = Parkinsons Disease L/V = Live (in Person) & Virtual (Connect via video link)

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