2025 May			Community Fitness NOPE, HEALTH, ACCEPTANCE			O. Box 8805, 9687 Kenwood Road, Blue Ash, Ohio 45242					(513) 793-6683			Open 10:00 – 2:00		
	MONDAY			TUESDAY			WEDNESDAY	,		THURSDAY			FRIDAY		SATURDAY	
5 %	PARKINSON MOV OR LOS Fighting with		ŕ	A Better Approac MEMORY CA	h to RE	0	ACAD	DIA	11:00–11:45 12:00–12:45	ADV Cardio Drumming ADV Strength FD - Total body Girl Talk Cornhole Tournament	Joelle Theresa	9:45-10:15 11:00–11:45		2 Theresa Theresa Joelle John		3
	Denotes Presentation Special Event ase Sign Up at Front	: Desk)	S	uper Pharma	lecuticuis					Cognitive Skills	Jeanie		n- Presentation and Lunc Dr. Alberto Espay sponsored by Supernus			
10.00 10.15		5	10.00 10.15		6	10 15 10 15		7	10.00 10.15		8	0.00.0.45		9		10
	Elite Stretch	Joelle		Elite Strength			Elite Floor Stretch	Lisa		ADV Cardio Drumming			Elite Boxing	Lisa		
11:00–11:45 12:00–12:45	Elite Cardio	Joelle		ADV Strength FD Strength			Elite- Total body Chair Yoga	Lisa April		ADV Strength FD - Total body	Joelle	9:45-10:15 11:00–11:45	Elite Core on the Floor	Lisa Joelle	-	
	Chair Yoga FD Cardio	April Joelle		Chair Volleyball	Jennifer John		FD-Cardio & Coordinatio			Girl Talk	Theresa		FD Cardio FD Strength & Stretch	Joelle John	-	
1.00-1.40		JUEILE		Hands On – L/V	Jeanie	1.00-1.40		I IIEIESä	1:00-1:45	Cornhole Tournament	John	12.00-12.40		JUIII	-	
			2pm - A	Ask a Dementia S Teresa Youngs	Specialist					Cognitive Skills	Jeanie					
		12		Plant. based food sa				14		onsored by Acac				16		17
	Elite Stretch	Joelle		Elite Strength	Jennifer		Elite Floor Stretch	Lisa		ADV Cardio Drumming			Elite Boxing	Theresa	10:00–10:45 ADV Balance Basics	Gretchen
	Elite Cardio	Joelle		ADV Strength FD Strength	Jennifer		Elite- Total body	Lisa		ADV Strength FD - Total body	Joelle	9:45-10:15 11:00–11:45	Elite Core on the Floor		11:00–11:45 FD - Total body	Gretchen
	Chair Yoga FD Cardio	April Joelle		Chair Volleyball	Jennifer John		Chair Yoga FD-Cardio & Coordinatio	April on Theresa	12:00-12:45	Girl Talk	Theresa		FD Strength & Stretch	Joelle John	-	
1.00-1.45	FD Calulo	JUEIIE		Hands On – L/V	Jeanie	1.00-1.40		THEIESd		Cornhole Tournament	John	12.00-12.40	D Ottength & Otteten	JUIII		
	1:30pm - "Ask a th Maureen Gart		2.00 2.40		ocume	Couns ema	3pm - Donna Bu eling Services Ava il directly to scheo argrl@hotmail.com	ailable dule:		Cognitive Skills 6-8:00pm Beach Party!	Jeanie		1-2:00pm Presentation and lunch a Byrnside, Right at Hom	10		
		19			20			21			22			23		24
10:00–10:45	Elite Stretch		10.00_10.45	Elite Strength	-	10.15_10.15	Elite Floor Stretch	Lisa	10.00_10.45	ADV Cardio Drumming		0.00-0.12	Elite Boxing	Theresa		24
11:00-11:45				ADV Strength	Jennifer		Elite- Total body	Lisa Lisa		ADV Cardio Drumming ADV Strength	Jenna		Elite Core on the Floor		1	
12:00-12:45		April	12:00-12:45	v	Jennifer		Chair Yoga	April		FD - Total body	Theresa	11:00-11:45		Joelle		
1:00-1:45	FD Cardio	Jennifer	1:00-1:45	Chair Volleyball	John		FD-Cardio & Coordinatio	on Theresa		Girl Talk		11:00-11:45	FD Strength & Stretch	John	Note Time Change for	
			2:00-2:45	Hands On – L/V	Jeanie				1:00–1:45	Cornhole Tournament	John	•			John's Class this week	
7pm	Pleasant Ridge Group								2:00-2:45	Cognitive Skills	Jeanie	Si	1-2:00pm tudent Graduates Party Come celebrate!			
	NO CLASS	<mark>ES</mark> 26	12:45 - F	Plant based food sa	•			28			29			30		31
t i s				Elite Strength			Elite Floor Stretch	Lisa		ADV Cardio Drumming			Elite Boxing	Theresa	10:00–10:45 ADV Cardio Blast	Jenna
+	МЕМО	RIAL		ADV Strength			Elite- Total body	Lisa		ADV Strength	Joelle		Elite Core on the Floor		11:00–11:45 FD - Total body	Jenna
*				FD Strength Chair Volleyball	Jennifer	12:00-12:45	Chair Yoga FD-Cardio & Coordinatio	April Thoropo	12:00–12:45 12:00–12:45	FD - Total body	Theresa	11:00-11:45	FD Cardio FD Strength & Stretch	Joelle	-	
* * * * * *	**			Chair Volleyball Hands On – L/V	John Jeanie		3pm - Donna Bu		1:00–1:45	Cornhole Tournament	John	12:00-12:45		John		
						Couns ema	eling Services Av il directly to scheo nrgrl@hotmail.co	ailable dule:	2:00-2:45	Cognitive Skills	Jeanie					
Key:	FD = Target Foundat	tions Open to All	ADV =	= Target Advanced Ope	n to Elite		Elite = Only Elite			PD = Parkinsons Disease			L/V = Live (in F	^o erson) & V	irtual (Connect via video link)	

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