

2025 July



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
	1	2	3	PCF CLOSED 4	5
 	10:00–10:45 Elite Strength Jennifer 11:00–11:45 ADV Strength Jennifer 12:00–12:45 FD Strength Jennifer 1:00–1:45 Chair Volleyball John 2:00–2:45 Hands On – L/V Jeanie 2pm - Ask a Dementia Specialist with Teresa Youngstrom	10:15–10:45 Elite Floor Stretch Lisa 11:00–11:45 Elite- Total body Lisa 12:00–12:45 Chair Yoga April 1:00–1:45 FD-Cardio & Coordination Theresa	10:00–10:45 ADV Cardio Drumming Joelle 11:00–11:45 ADV Strength Joelle 12:00–12:45 FD - Total body Theresa 12:00–12:45 Girl Talk 1:00–1:45 Cornhole Tournament John 2:00–2:45 NO CLASS Jeanie		
	7	8	9	10	11
10:00–10:45 Elite Stretch Joelle 11:00–11:45 Elite Cardio Joelle 12:00–12:45 Chair Yoga April 1:00–1:45 FD Cardio Joelle	10:00–10:45 Elite Strength Jennifer 11:00–11:45 ADV Strength Jennifer 12:00–12:45 FD Strength Jennifer 1:00–1:45 Chair Volleyball John 2:00–2:45 Hands On – L/V Jeanie	10:15–10:45 Elite Floor Stretch Lisa 11:00–11:45 Elite- Total body Lisa 12:00–12:45 Chair Yoga April 1:00–1:45 FD-Cardio & Coordination Theresa	10:00–10:45 ADV Cardio Drumming Joelle 11:00–11:45 ADV Strength Joelle 12:00–12:45 FD - Total body Theresa 12:00–12:45 Girl Talk 1:00–1:45 Cornhole Tournament John 2:00–2:45 Cognitive Skills Jeanie	9:00–9:45 Elite Boxing Theresa 9:45–10:15 Elite Core on the Floor Theresa 11:00–11:45 FD Cardio Joelle 12:00–12:45 FD Strength & Stretch John	10:00–10:45 ADV Balance Basics Gretchen 11:00–11:45 FD - Total body Gretchen
		12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule: spnrgri@hotmail.com			
14	Day sponsored by Acadia 15	16	Day sponsored by Abbott 17	18	19
10:00–10:45 Elite Stretch Joelle 11:00–11:45 Elite Cardio Joelle 12:00–12:45 Chair Yoga April 1:00–1:45 FD Cardio Joelle 11am-1:30pm - "Ask a Nurse" with Maureen Gartner	10:00–10:45 Elite Strength Jennifer 11:00–11:45 ADV Strength Jennifer 12:00–12:45 FD Strength Jennifer 1:00–1:45 Chair Volleyball John 2:00–2:45 Hands On – L/V Jeanie	10:15–10:45 Elite Floor Stretch Lisa 11:00–11:45 Elite- Total body Lisa 12:00–12:45 Chair Yoga April 1:00–1:45 FD-Cardio & Coordination Theresa	10:00–10:45 ADV Cardio Drumming Joelle 11:00–11:45 ADV Strength Joelle 12:00–12:45 FD - Total body Theresa 12:00–12:45 Girl Talk 1:00–1:45 Cornhole Tournament John 2:00–2:45 Cognitive Skills Jeanie	9:00–9:45 Elite Boxing Theresa 9:45–10:15 Elite Core on the Floor Theresa 11:00–11:45 FD Cardio Joelle 12:00–12:45 FD Strength & Stretch John 1pm: Presentation and lunch "Posture: The Missing Link in Health and Fitness" -Jennifer Marks, PCF	
21	22	23	24	Day sponsored by Supernus 25	26
10:00–10:45 Elite Stretch Joelle 11:00–11:45 Elite Cardio Joelle 12:00–12:45 Chair Yoga April 1:00–1:45 FD Cardio Joelle 7pm -- Pleasant Ridge Support Group	10:00–10:45 Elite Strength Jennifer 11:00–11:45 ADV Strength Jennifer 12:00–12:45 FD Strength Jennifer 1:00–1:45 Chair Volleyball John 2:00–2:45 Hands On – L/V Jeanie 3:00pm Special class Summer Speak Out! Mt. St. Joseph students	10:15–10:45 Elite Floor Stretch Lisa 11:00–11:45 Elite- Total body Lisa 12:00–12:45 Chair Yoga April 1:00–1:45 FD-Cardio & Coordination Theresa 12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule: spnrgri@hotmail.com	10:00–10:45 ADV Cardio Drumming Joelle 11:00–11:45 ADV Strength Joelle 12:00–12:45 FD - Total body Theresa 12:00–12:45 Girl Talk 1:00–1:45 Cornhole Tournament John 2:00–2:45 Cognitive Skills Jeanie	9:00–9:45 Elite Boxing Theresa 9:45–10:15 Elite Core on the Floor Theresa 11:00–11:45 FD Cardio Joelle 12:00–12:45 FD Strength & Stretch John 1pm: Presentation and lunch "Non-Motor Symptoms in PD" Dr Luca Marsili, UCGNI	10:00–10:45 ADV Cardio Blast Jenna 11:00–11:45 FD - Total body Jenna
28	29	30	31	 PARKINSON DISEASE MOVE IT OR LOSE IT Fighting with Exercise Denotes Presentation or Special Event (Please Sign Up at Front Desk)	
10:00–10:45 Elite Stretch Joelle 11:00–11:45 Elite Cardio Joelle 12:00–12:45 Chair Yoga April 1:00–1:45 FD Cardio Joelle	10:00–10:45 Elite Strength Jennifer 11:00–11:45 ADV Strength Jennifer 12:00–12:45 FD Strength Jennifer 1:00–1:45 Chair Volleyball John 2:00–2:45 Hands On – L/V Jeanie	10:15–10:45 Elite Floor Stretch Lisa 11:00–11:45 Elite- Total body Lisa 12:00–12:45 Chair Yoga April 1:00–1:45 FD-Cardio & Coordination John	10:00–10:45 ADV Cardio Drumming Joelle 11:00–11:45 ADV Strength Joelle 12:00–12:45 FD - Total body Theresa 12:00–12:45 Girl Talk 1:00–1:45 Cornhole Tournament John 2:00–2:45 Cognitive Skills Jeanie		
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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