2025	July		Comr	munity Fitness	P.0	P.O. Box 8805, 9687 Kenwood Ro				oad, Blue Ash, Ohio 45242			(513) 793-6683			Open 10:00 – 2:00		
	MONDAY			TUESDAY		WEDNESDAY		THURSDAY			FRIDAY		SATURDAY					
					1			2			3	PCF C	LOSED	4			5	
			10:00–10:45	Elite Strength		10:15–10:45		Lisa		ADV Cardio Drumming		/						
	Albbat	4				11:00–11:45	Elite- Total body	Lisa		ADV Strength	Joelle	4TH OF JULY						
	Abbot	J		FD Strength	Jennifer	12:00–12:45	Chair Yoga	April		FD - Total body	Theresa							
				Chair Volleyball	John	1:00–1:45	FD-Cardio & Coordination	Theresa	12:00–12:45	Girl Talk Cornhole Tournament	laha							
				2:00–2:45 Hands On – L/V	Jeanie					NO CLASS	John Jeanie							
0	ACADIA	A [™]		Ask a Dementia Sp n Teresa Youngsti					2.00-2.40	NO CLASS	Jeane							
		7			8			9			10			11			12	
10:00-10:45	Elite Stretch J	oelle	10:00–10:45	Elite Strength	Jennifer	10:15–10:45	Elite Floor Stretch	Lisa	10:00-10:45	ADV Cardio Drumming	Joelle	9:00-9:45	Elite Boxing	Theresa	10:00-10:45	ADV Balance Basics	Gretchen	
11:00–11:45	Elite Cardio J	oelle	11:00–11:45	ADV Strength	Jennifer	11:00–11:45		Lisa		ADV Strength	Joelle		Elite Core on the Floor	Theresa	11:00–11:45	FD - Total body	Gretchen	
	•	April		FD Strength	Jennifer	12:00–12:45		April		FD - Total body	Theresa	11:00–11:45		Joelle				
1:00-1:45	FD Cardio J	oelle	1:00–1:45	Chair Volleyball	John	1:00–1:45	FD-Cardio & Coordination	Theresa	12:00–12:45	Girl Talk		12:00-12:45	FD Strength & Stretch	John				
			2:00–2:45	Hands On – L/V	Jeanie	40	0 D D		1:00–1:45	Cornhole Tournament	John							
							3pm - Donna Bur seling Services Ava		2:00–2:45	Cognitive Skills	Jeanie							
						ema	ail directly to schedu onrgrl@hotmail.com	ule: n										
		14		onsored by Ac a				16		ponsored by Abbott	17			18			19	
		oelle		Elite Strength	Jennifer	10:15–10:45	Elite Floor Stretch	Lisa		ADV Cardio Drumming	Joelle	9:00–9:45		Theresa				
11:00–11:45		oelle		ADV Strength	Jennifer	11:00–11:45	Elite- Total body	Lisa		ADV Strength	Joelle		Elite Core on the Floor					
12:00–12:45		April		FD Strength	Jennifer	12:00–12:45		April		FD - Total body Girl Talk	Theresa		FD Cardio FD Strength & Stretch	Joelle				
		oelle	1:00–1:45	Chair Volleyball Hands On – L/V	John Jeanie	1:00–1:45	FD-Cardio & Coordination	Theresa	12:00–12:45 1:00–1:45	Cornhole Tournament	John	12:00-12:45	FD Strength & Stretch	John				
	1:30pm - "Ask a Nurse	∍"	2.00-2.43	Hallus OII – L/V	Jeane					Cognitive Skills	Jeanie		Presentation and lui					
With	h Maureen Gartner								2.00 2.10	COG HAVO CAMIC	Courie		The Missing Link in and Fitness" lennifer Marks, PCF	Health				
		21			22			23			24	Day sp	onsored by Supernus	25			26	
10:00–10:45	Elite Stretch J	oelle	10:00–10:45	Elite Strength	Jennifer	10:15–10:45	Elite Floor Stretch	Lisa	10:00–10:45	ADV Cardio Drumming	Joelle	9:00-9:45	Elite Boxing	Theresa	10:00–10:45	ADV Cardio Blast	Jenna	
11:00–11:45	Elite Cardio J	oelle		ADV Strength	Jennifer	11:00–11:45	Elite- Total body	Lisa	11:00–11:45	ADV Strength	Joelle		Elite Core on the Floor	Theresa	11:00–11:45	FD - Total body	Jenna	
12:00–12:45	Chair Yoga F	April	12:00–12:45	FD Strength	Jennifer	12:00–12:45	Chair Yoga	April		FD - Total body	Theresa		FD Cardio	Joelle				
1:00-1:45	FD Cardio J	oelle		Chair Volleyball	John	1:00-1:45	FD-Cardio & Coordination	Theresa	12:00–12:45			12:00-12:45	FD Strength & Stretch	John				
		ļ	2:00–2:45	Hands On – L/V	Jeanie				1:00–1:45	Cornhole Tournament	John							
				:00pm Special cla			3pm - Donna Bur		2:00–2:45	Cognitive Skills	Jeanie		Presentation and lur					
7pm I	7pm Pleasant Ridge Support Group		Summer Speak Out! Mt. St. Joseph students		Counseling Services Available email directly to schedule: spnrgrl@hotmail.com					Motor Symptoms in Luca Marsili, UCGN								
		28			29			30			31							
10:00–10:45	Elite Stretch J	oelle	10:00–10:45	Elite Strength		10:15–10:45	Elite Floor Stretch	Lisa		ADV Cardio Drumming					**	PARKINSON D	ISEASE	
11:00–11:45	Elite Cardio J	oelle	11:00–11:45	ADV Strength	Jennifer	11:00–11:45	Elite- Total body	Lisa	11:00–11:45	ADV Strength	Joelle		upern	us"	三 滂	MOVE OR LOS	T	
12:00–12:45		April		FD Strength	Jennifer		Chair Yoga	April		FD - Total body	Theresa		Pharmaceu	iticals		OR LOS	EIT	
1:00-1:45	FD Cardio J	oelle		Chair Volleyball	John	1:00-1:45	FD-Cardio & Coordination	John John	12:00–12:45			Nobe with v			Fighting with E	xercise		
			2:00-2:45	Hands On – L/V	Jeanie					Cornhole Tournament	John	ĺ	Nov. Tilly O					
									2:00–2:45	Cognitive Skills	Jeanie		A Better Approach to			enotes Presentation or Special Event se Sign Up at Front De		
Key:	FD = Target Foundations Oper	n to All	ADV =	= Target Advanced Open	to Elite		Elite = Only Elite			PD = Parkinsons Disease			L/V = Live (in F	Person) & Vi	tual (Connect via	a video link)		

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