2025 August			Parkinson Community Fitness HOPE, HEALTH, ACCEPTANCE			O. Box 8805, 9687 Kenwood Road, Blue Ash, Ohio 45242					(513) 793-6683			Open 10:00 – 2:00			
	MONDA	Y	11012,	TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY	
	MO\ OR L	ent			oott ⁄ie		A C A D	IUS®	â	Better Approach to		9:45-10:15 11:00–11:45	Elite Boxing Elite Core on the Floor FD Cardio FD Strength & Stretch	Joelle			2
	=	4			5			6			7			8			9
10:00–10:45		Joelle	10:00–10:45			10:15–10:45	Elite Floor Stretch Elite- Total body	Lisa Lisa		ADV Cardio Drumming		9:00–9:45 9:45-10:15	Elite Boxing Elite Core on the Floor	Theresa			
11:00–11:45 12:00–12:45		Joelle April	11:00–11:45 12:00–12:45		Jennifer Jennifer	12:00–11:45		April		ADV Strength FD - Total body	Joelle Theresa		FD Cardio	Theresa Joelle			
	FD Cardio	Joelle	1:00–1:45		John		FD-Cardio & Coordination		12:00–12:45	Girl Talk	THOTOGA		FD Strength & Stretch		1		
				Hands On – L/V	Jeanie				1:00-1:45	Cornhole Tournament	John		<u> </u>				
							<mark>leet and Greet wi</mark> m and Brandon N		2:00-2:45	Cognitive Skills	Jeanie						
							Lunch served										
	File Objects	11			12		FILE FLOOR OLD IN	13	10.00 10.15		14			15			16
10:00–10:45 11:00–11:45		Joelle Joelle	10:00–10:45	Elite Strength Circuit ADV Strength Circuit	Jennifer Jennifer	10:15–10:45 11:00–11:45		Lisa Lisa		ADV Cardio Drumming ADV Strength	Joelle Joelle	9:00–9:45 9:45-10:15	Elite Boxing Elite Core on the Floor			ADV Balance Basics FD - Total body	s Gretchen Gretchen
11:00=11:45 12:00=12:45		April	12:00–11:45		Jennifer	12:00–11:45		April		FD - Total body	Gretchen		FD Cardio	Joelle	11.00-11.45	1D - Total body	Greichen
	FD Cardio	Joelle	1:00–1:45		John		FD-Cardio & Coordinatio		12:00–12:45		0.000.000		FD Strength & Stretch				
11am	-1:30pm - "As	sk a Nurse"		Hands On – L/V	Jeanie	12 -	3pm - Donna Bu	rnett	1:00-1:45	Cornhole Tournament	John		Presentation and I				
	with Maureen Gartner		2pm - Ask a Dementia Specialist			Counseling Services Available		2:00–2:45	Cognitive Skills	Jeanie		Daryl Demoss from Abbvie					
			with Teresa Youngstrom 3:00pm Special class - Summer Speak Out! Mt. St. Joseph students			email directly to schedule: spnrgrl@hotmail.com											
		18			19	Day:	sponsored by Abbo	tt 20	Day sp	onsored by Aca	dia 21			22			23
10:00–10:45		Joelle	10:00–10:45		Jennifer	10:15–10:45		Lisa		ADV Cardio Drumming	Jenna		Elite Boxing	Theresa			
	Elite Cardio	Joelle	11:00–11:45				Elite- Total body	Lisa		ADV Strength	Jenna		Elite Core on the Floor				
12:00–12:45 1:00–1:45		Jennifer Joelle	1:00–1:45	FD Strength Chair Volleyball	Jennifer John	12:00–12:45 1:00–1:45		Theresa on Theresa	12:00–12:45 12:00–12:45	FD - Total body Girl Talk	Theresa	11:00-11:45	FD Strength & Stretch	John			
1.00-1.43	I D Calulo	Joene		Hands On – L/V	Jeanie	1.00-1.45	1 D-Cardio & Coordinatio	i ilici csa		Cornhole Tournament	John			_			
										Cognitive Skills	Jeanie		Presentation and I s Kees from Super				
7pm -	- <mark>Pleasant Rid</mark> Group									•		<u> </u>					
10.00 12 :-	Flit- Ct 11	25	10.00 10.1	FII. 01	26		Filia Flav Ot 12	27	40.00 12.1-	121/2 1/2	28	0.00.0.:-		29		10//01	30
	Elite Stretch Elite Cardio	Joelle Joelle		Elite Strength Circuit ADV Strength Circuit			Elite Floor Stretch Elite- Total body	Lisa Lisa		ADV Cardio Drumming ADV Strength	Joelle Joelle		Elite Boxing Elite Core on the Floor			ADV Balance Basics FD - Total body	s Gretchen Gretchen
	Chair Yoga	Joene		FD Strength	Jennifer		Chair Yoga	April		FD - Total body	Theresa		FD Cardio	Joelle	11.00-11.45	1 D - Total body	Greichen
	FD Cardio	Joelle		Chair Volleyball	John		FD-Cardio & Coordinatio		12:00–12:45		51000		FD Strength & Stretch		1		
				Hands On – L/V	Jeanie	12 -	3pm - Donna Bu			Cornhole Tournament	John				1		
						Couns	seling Services Ava	ailable	2:00-2:45	Cognitive Skills	Jeanie						
							ail directly to schedonrgrl@hotmail.co										
1						S	Jinghwhotmaii.co	Ш	I								

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