







2025 August



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	
<div><div>PARKINSON DISEASE MOVE IT OR LOSE IT Fighting with Exercise</div></div> <div>Denotes Presentation or Special Event (Please Sign Up at Front Desk)</div>		<div><div>Abbott</div><div></div></div>		<div><div>ACADIA™</div><div></div></div>		<div><div>A Better Approach to MEMORY CARE</div></div>		1		2	
								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			
4		5		6		7		8		9	
10:00-10:45 Elite Stretch Joelle		10:00-10:45 Elite Strength Circuit Jennifer		10:15-10:45 Elite Floor Stretch Lisa		10:00-10:45 ADV Cardio Drumming Joelle		9:00-9:45 Elite Boxing Theresa			
11:00-11:45 Elite Cardio Joelle		11:00-11:45 ADV Strength Circuit Jennifer		11:00-11:45 Elite- Total body Lisa		11:00-11:45 ADV Strength Joelle		9:45-10:15 Elite Core on the Floor Theresa			
12:00-12:45 Chair Yoga April		12:00-12:45 FD Strength Jennifer		12:00-12:45 Chair Yoga April		12:00-12:45 FD - Total body Theresa		11:00-11:45 FD Cardio Joelle			
1:00-1:45 FD Cardio Joelle		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				1:00-1:45 Cornhole Tournament John					
				<div>2pm- Meet and Greet with Alex Meacham and Brandon McIntosh Lunch served</div>		2:00-2:45 Cognitive Skills Jeanie					
11		12		13		14		15		16	
10:00-10:45 Elite Stretch Joelle		10:00-10:45 Elite Strength Circuit 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 Joelle		11:00-11:45 ADV Strength Circuit Jennifer		11:00-11:45 Elite- Total body Lisa		11:00-11:45 ADV Strength Joelle		9:45-10:15 Elite Core on the Floor Theresa		11:00-11:45 FD - Total body Gretchen	
12:00-12:45 Chair Yoga April		12:00-12:45 FD Strength Jennifer		12:00-12:45 Chair Yoga April		12:00-12:45 FD - Total body Gretchen		11:00-11:45 FD Cardio Joelle			
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<div>11am-1:30pm - "Ask a Nurse" with Maureen Gartner</div>		2pm - Ask a Dementia Specialist with Teresa Youngstrom		<div>12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule: spnrgri@hotmail.com</div>		1:00-1:45 Cornhole Tournament John		<div>1pm: Presentation and lunch Daryl Demoss from Abbvie</div>			
		3:00pm Special class - Summer Speak Out! Mt. St. Joseph students				2:00-2:45 Cognitive Skills Jeanie					
18		19		Day sponsored by Abbott 20		Day sponsored by Acadia 21		22		23	
10:00-10:45 Elite Stretch Joelle		10:00-10:45 Elite Strength Circuit Jennifer		10:15-10:45 Elite Floor Stretch Lisa		10:00-10:45 ADV Cardio Drumming Jenna		9:00-9:45 Elite Boxing Theresa			
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		2:00-2:45 Hands On – L/V Jeanie				1:00-1:45 Cornhole Tournament John		<div>1pm: Presentation and lunch Chris Kees from Supernus</div>			
						2:00-2:45 Cognitive Skills Jeanie					
<div>7pm -- Pleasant Ridge Support Group</div>											
25		26		27		28		29		30	
10:00-10:45 Elite Stretch Joelle		10:00-10:45 Elite Strength Circuit 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	
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						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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