

2026 January



P.O. Box 8805, 9687 Kenwood Road, Blue Ash, Ohio 45242

(513) 793-6683

Open

Mon/Wed: 10:00-1:45
Tues/Thurs: 10:00-2:45
Fri: 9:00-12:45; Sat: 10:00-11:45

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
						PCF CLOSED		1		2	
								9:00-9:45 Elite Boxing Theresa			
								9:45-10:15 Elite Core on the Floor Theresa			
								11:00-11:45 FD Strength & Stretch John			
5		6		7		Day sponsored by Acadia		8		Day sponsored by Abbott	
10:00-10:45 Elite Stretch Joelle	10:00-10:45 Elite Strength Circuit Jennifer	10:15-10:45 Elite Floor Stretch Lisa	9:00-9:45 ADV Balance Basics Gretchen	9:00-9:45 Elite Boxing Theresa	10:00-10:45 ADV Balance Basics Gretchen	10:00-10:45 ADV Cardio Drumming Joelle	9:45-10:15 Elite Core on the Floor Theresa	10:00-10:45 ADV Balance Basics Gretchen	11:00-11:45 FD - Total body Gretchen		
11:00-11:45 Elite Cardio Joelle	11:00-11:45 ADV Strength Circuit Jennifer	11:00-11:45 Elite- Total body Lisa	10:00-10:45 ADV Cardio Drumming Joelle	9:45-10:15 Elite Core on the Floor Theresa	11:00-11:45 Elite- Total body Lisa	10:00-10:45 ADV Cardio Drumming 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	11:00-11:45 ADV Strength Joelle	11:00-11:45 FD Cardio Joelle	12:00-12:45 Chair Yoga April	11:00-11:45 ADV Strength Joelle	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 FD - Total body Theresa	12:00-12:45 FD Strength & Stretch John	1:00-1:45 FD-Cardio & Coordination Theresa	12:00-12:45 FD - Total body Theresa	12:00-12:45 FD Strength & Stretch John				
	2:00-2:45 NO CLASS Jeanie		12:00-12:45 Girl Talk			12:00-12:45 Girl Talk					
	3:00-3:45 NO CLASS Mt. St. Joe		1:00-1:45 Cornhole Tournament John			1:00-1:45 Cornhole Tournament John					
	4:00-5:00 NO CLASS Mt. St. Joe		2:00-2:45 NO CLASS Jeanie			2:00-2:45 NO CLASS Jeanie					
12		13		14		15		Day sponsored by Abbvie		16	
10:00-10:45 Elite Stretch Jennifer	10:00-10:45 Elite Strength Circuit Jennifer	10:15-10:45 Elite Floor Stretch Lisa	9:00-9:45 ADV Balance Basics Gretchen	9:00-9:45 Elite Boxing Theresa	10:00-10:45 Elite Floor Stretch Lisa	10:00-10:45 ADV Cardio Drumming Joelle	9:45-10:15 Elite Core on the Floor Theresa	10:00-10:45 ADV Cardio Blast Jenna			
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11am-1:30pm "Ask a Nurse" with Maureen Gartner	2:00-2:45 Hands On - L/V Jeanie	12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule: spnrgri@hotmail.com	12:00-12:45 Girl Talk			12:00-12:45 Girl Talk					
	3:00-3:45 Speak Out! Mt. St. Joe		1:00-1:45 Cornhole Tournament John			1:00-1:45 Cornhole Tournament John					
	4:00-5:00 NO CLASS Mt. St. Joe		2:00-2:45 Cognitive Skills Jeanie			2:00-2:45 Cognitive Skills Jeanie					
19		20		21		22		23		24	
10:00-10:45 Elite Stretch Joelle	10:00-10:45 Elite Strength Circuit Jennifer	10:15-10:45 Elite Floor Stretch Lisa	9:00-9:45 ADV Balance Basics Gretchen	9:00-9:45 Elite Boxing Theresa	10:00-10:45 Elite Strength Circuit Jennifer	10:00-10:45 ADV Cardio Drumming Joelle	9:45-10:15 Elite Core on the Floor Theresa	10:00-10:45 ADV Cardio Blast Jenna			
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	2:00-2:45 Hands On - L/V Jeanie	2pm - Ask a Dementia Specialist with Teresa Youngstrom	12:00-12:45 Girl Talk			12:00-12:45 Girl Talk					
	3:00-3:45 Speak Out! Mt. St. Joe		1:00-1:45 Cornhole Tournament John			1:00-1:45 Cornhole Tournament John					
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19		20		21		22		23		24	
7pm -- Pleasant Ridge Support Group											
26		Day sponsored by Supernus		27		28		29		30	
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								1pm- Presentation and Lunch Donna Roe from Metro Cincinnati			
										PARKINSON DISEASE MOVE IT OR LOSE IT Fighting with Exercise	
										Denotes Presentation or Special Event (Please Sign Up at Front Desk)	
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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