

2026 February



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	
2		3		4		5		6		7	
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		
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		
12:00-12:45	Chair Yoga April	12:00-12:45	FD Strength Jennifer	12:00-12:45	Chair Yoga Theresa	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		
		2:00-2:45	NO CLASS Jeanie			12:00-12:45	Girl Talk	1pm-Presentation and lunch Sponsored by Supernus Dr. Marsha Smith, Riverhills "Gocovri"			
		3:00-3:45	Speak Out! Mt. St. Joe			1:00-1:45	Cornhole Tournament John				
						2:00-2:45	NO CLASS Jeanie				
9		10		11		12		13		14	
10:00-10:45	Elite Stretch Joelle	10:00-10:45	Elite Strength Circuit Jennifer	10:15-10:45	Elite Floor Stretch Jennifer	9:00-9:45	ADV Balance Basics Gretchen	9:00-9:45	Elite Boxing Theresa	10:00-10:45	ADV Cardio Blast Jenna
11:00-11:45	Elite Cardio Joelle	11:00-11:45	ADV Strength Circuit Jennifer	11:00-11:45	Elite- Total body Jennifer	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 Jenna
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11am-1:30pm "Ask a Nurse" with Maureen Gartner		2:00-2:45	Hands On - LV Jeanie	12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule: spnrgri@hotmail.com		12:00-12:45	Girl Talk				
		3:00-3:45	Speak Out! Mt. St. Joe			1:00-1:45	Cornhole Tournament John				
						2:00-2:45	Cognitive Skills Jeanie				
16		17		18		19		20		21	
10:00-10:45	Elite Stretch Joelle	10:00-10:45	Elite Strength Circuit Jennifer	10:15-10:45	Elite Floor Stretch Lisa	Day sponsored by Acadia		9:00-9:45	Elite Boxing Theresa		
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7pm -- Pleasant Ridge Support Group		2:00-2:45	Hands On - LV Jeanie			12:00-12:45	Girl Talk	1pm- Presentation and Lunch Sponsored by Abbvie Dr. Shnehal Patel from Ohio Health "New Approach to Parkinson's"			
		3:00-3:45	Speak Out! Mt. St. Joe			1:00-1:45	Cornhole Tournament John				
										2:00-2:45	Cognitive Skills Jeanie
23		24		25		26		27		28	
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
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		2:00-2:45	Hands On - LV Jeanie	12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule: spnrgri@hotmail.com		12:00-12:45	Girl Talk				
		3:00-3:45	Speak Out! Mt. St. Joe			1:00-1:45	Cornhole Tournament John				
		2pm - Ask a Dementia Specialist with Teresa Youngstrom				2:00-2:45	Cognitive Skills Jeanie				
										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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