2026 March

Parkinson Community Fitness — HOPE, HEALTH, ACCEPTANCE

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 10:00–10:45 Elite Stretch Joelle 11:00–11:45 Elite Cardio Joelle 12:00–12:45 Chair Yoga April 1:00–1:45 FD Cardio Joelle	**3** 10:00–10:45 Elite Strength Circuit Jennifer 11:00–11:45 ADV Strength Circuit Jennifer 12:00–12:45 FD Strength Jennifer 1:00–1:45 Chair Volleyball John 2:00–2:45 Hands On – L/V Jeanie 3:00--3:45 NO CLASS Mt. St. Joe	**4** 10:15–10:45 Elite Floor Stretch Lisa 11:00–11:45 Elite- Total body Lisa 12:00–12:45 Chair Yoga April 1:00–1:45 FD-Cardio & Coordination Theresa	Day sponsored by **Amneal** **5** 9:00–9:45 ADV Balance Basics Gretchen 10:00–10:45 ADV Cardio Drumming Joelle 11:00–11:45 ADV Strength Joelle 12:00–12:45 FD - Total body Theresa 12:00–12:45 Girl Talk 1:00–1:45 Cornhole Tournament John 2:00–2:45 Cognitive Skills Jeanie	Day sponsored by **Supernus** **6** 9:00–9:45 Elite Boxing Theresa 9:45-10:15 Elite Core on the Floor Theresa 11:00–11:45 FD Strength & Stretch Joelle 12:00–12:45 FD Strength & Stretch John	**7**
9 10:00–10:45 Elite Stretch Joelle 11:00–11:45 Elite Cardio Joelle 12:00–12:45 Chair Yoga April 1:00–1:45 FD Cardio Joelle **11am-1:30pm** "Ask a Nurse" with Maureen Gartner	**10** 10:00–10:45 Elite Strength Circuit Jennifer 11:00–11:45 ADV Strength Circuit Jennifer 12:00–12:45 FD Strength Jennifer 1:00–1:45 Chair Volleyball John 2:00–2:45 Hands On – L/V Jeanie 3:00--3:45 Speak Out! Mt. St. Joe	**11** 10:15–10:45 Elite Floor Stretch Lisa 11:00–11:45 Elite- Total body Lisa 12:00–12:45 Chair Yoga April 1:00–1:45 FD-Cardio & Coordination Theresa **12 - 3pm** - Donna Burnett Counseling Services Available email directly to schedule: spnrgrl@hotmail.com	**12** 9:00–9:45 ADV Balance Basics Gretchen 10:00–10:45 ADV Cardio Drumming Joelle 11:00–11:45 ADV Strength Joelle 12:00–12:45 FD - Total body Theresa 12:00–12:45 Girl Talk 1:00–1:45 Cornhole Tournament John 2:00–2:45 Cognitive Skills Jeanie **6-8:00pm** - Beach Party!	**13** 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 **1pm** - Presentation and Lunch Dr. Iris Lin, Movement Disorder Specialist Trihealth "Deep Dive on Levadopa"	**14** 10:00–10:45 ADV Cardio Blast Jenna 11:00–11:45 FD - Total body Jenna
16 10:00–10:45 Elite Stretch Joelle 11:00–11:45 Elite Cardio Joelle 12:00–12:45 Chair Yoga April 1:00–1:45 FD Cardio Joelle **7pm** -- Pleasant Ridge Support Group	Day sponsored by **Acadia** **17** 10:00–10:45 Elite Strength Circuit Jennifer 11:00–11:45 ADV Strength Circuit Jennifer 12:00–12:45 FD Strength Jennifer 1:00–1:45 Chair Volleyball John 2:00–2:45 Hands On – L/V Jeanie 3:00--3:45 Speak Out! Mt. St. Joe	**18** 10:15–10:45 Elite Floor Stretch Lisa 11:00–11:45 Elite- Total body Lisa 12:00–12:45 Chair Yoga April 1:00–1:45 FD-Cardio & Coordination Theresa	**19** 9:00–9:45 ADV Balance Basics Gretchen 10:00–10:45 ADV Cardio Drumming Joelle 11:00–11:45 ADV Strength Joelle 12:00–12:45 FD - Total body Theresa 12:00–12:45 Girl Talk 1:00–1:45 Cornhole Tournament John 2:00–2:45 Cognitive Skills Jeanie	Day sponsored by **Abbvie** **20** 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	**21** 11am - 1pm - "Building the Toolbox for Caregivers" with featured speaker, Dr. Marsha Smith, Riverhills Sponsored by Supernus. **This is a non-member event** **(for Caregivers and Family members)**
23 10:00–10:45 Elite Stretch Joelle 11:00–11:45 Elite Cardio Joelle 12:00–12:45 Chair Yoga April 1:00–1:45 FD Cardio Joelle	**24** 10:00–10:45 Elite Strength Circuit Jennifer 11:00–11:45 ADV Strength Circuit Jennifer 12:00–12:45 FD Strength Jennifer 1:00–1:45 Chair Volleyball John 2:00–2:45 Hands On – L/V Jeanie 3:00--3:45 Speak Out! Mt. St. Joe **2pm** - Ask a Dementia Specialist with Teresa Youngstrom	**25** 10:15–10:45 Elite Floor Stretch Lisa 11:00–11:45 Elite- Total body Lisa 12:00–12:45 Chair Yoga April 1:00–1:45 FD-Cardio & Coordination Theresa **12 - 3pm** - Donna Burnett Counseling Services Available email directly to schedule: spnrgrl@hotmail.com	**26** 9:00–9:45 ADV Balance Basics Gretchen 10:00–10:45 ADV Cardio Drumming Joelle 11:00–11:45 ADV Strength Joelle 12:00–12:45 FD - Total body Theresa 12:00–12:45 Girl Talk 1:00–1:45 Cornhole Tournament John 2:00–2:45 Cognitive Skills Jeanie	**27** 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 **1pm** - Vietnam Veteran Pinning Ceremony Jan Mauch Sponsored by Right at Home	**28** 10:00–10:45 ADV Balance Basics Gretchen 11:00–11:45 FD - Total body Gretchen
30 10:00–10:45 Elite Stretch Jennifer 11:00–11:45 Elite Cardio Jennifer 12:00–12:45 Chair Yoga April 1:00–1:45 FD Cardio Jennifer	**31** 10:00–10:45 Elite Strength Circuit Jennifer 11:00–11:45 ADV Strength Circuit Jennifer 12:00–12:45 FD Strength Jennifer 1:00–1:45 Chair Volleyball John 2:00–2:45 Hands On – L/V Jeanie 3:00--3:45 Speak Out! Mt. St. Joe	abbvie amneal We make healthy possible	Supernus® Pharmaceuticals ACADIA®	Right at Home® In Home Care & Assistance Helping Hope with Dementia A Better Approach to MEMORY CARE	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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