

2026 April



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

(513) 793-6683

Open

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
  		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
		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- 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	11:00-11:45 ADV Strength Joelle	11:00-11:45 FD Strength & Stretch Joelle	
		1:00-1:45 FD-Cardio & Coordination Theresa	12:00-12:45 FD - Total body Theresa	12:00-12:45 FD Strength & Stretch John	
		12:00-12:45 Girl Talk			
		1:00-1:45 Cornhole Tournament John			
		2:00-2:45 Cognitive Skills Jeanie			
<b>6</b>	<b>Day sponsored by Supernus 7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
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 ADV Cardio Blast Jenna
11:00-11:45 Elite Cardio Jennifer	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 FD - Total body Jenna
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 <b>FD Strength &amp; Stretch</b> John	
1:00-1:45 FD Cardio Jennifer	1:00-1:45 Chair Volleyball John	1:00-1:45 FD-Cardio & Coordination Theresa	12:00-12:45 FD - Total body Theresa		
	2:00-2:45 Hands On - LV Jeanie	<b>12 - 3pm - Donna Burnett</b> Counseling Services Available email directly to schedule: spnrgri@hotmail.com	12:00-12:45 Girl Talk	<b>1pm - Presentation and Lunch</b> Metro Now Donna Roe	
	3:00-3:45 Speak Out! Mt. St. Joe		1:00-1:45 Cornhole Tournament John		
			2:00-2:45 Cognitive Skills Jeanie		
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>Day sponsored by Abbvie 17</b>	<b>18</b>
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
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 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	
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	
<b>11am-1:30pm</b> "Ask a Nurse" with Maureen Gartner	2:00-2:45 Hands On - LV Jeanie		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		
<b>20</b>	<b>21</b>	<b>Day sponsored by Cinci Rehab 22</b>	<b>23</b>	<b>24</b>	<b>25</b>
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	
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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	
<b>7pm -- Pleasant Ridge Support Group</b>	2:00-2:45 Hands On - LV Jeanie	<b>12 - 3pm - Donna Burnett</b> Counseling Services Available email directly to schedule: spnrgri@hotmail.com	12:00-12:45 Girl Talk	<b>1pm - Presentation and Lunch</b> Sponsored by Acadia Dr. Amita Patel Dayton, Ohio "More Than Motor Symptoms"	
	3:00-3:45 Speak Out! Mt. St. Joe		1:00-1:45 Cornhole Tournament John		
			2:00-2:45 Cognitive Skills Jeanie		
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	   Fighting with Exercise   A Better Approach to MEMORY CARE	
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		
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		
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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		
	2:00-2:45 Hands On - LV Jeanie	<b>2pm - Ask a Dementia Specialist</b> with Teresa Youngstrom	12:00-12:45 Girl Talk		
	3:00-3:45 <b>NO CLASS</b> Mt. St. Joe		1:00-1:45 Cornhole Tournament John		
			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)
					Denotes Presentation or Special Event (Please Sign Up at Front Desk)

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