

2026 May



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
<p>PARKINSON DISEASE MOVE IT OR LOSE IT Fighting with Exercise</p> <p>Denotes Presentation or Special Event (Please Sign Up at Front Desk)</p>	<p>Abbott abbvie</p> <p>ACADIA</p>	<p>amneal</p> <p>We make healthy possible</p> <p>CINCINNATI REHABILITATION HOSPITAL at BLUE ASH</p>	<p>Supernus Pharmaceuticals</p> <p>Helping Hope with Dementia A Better Approach to MEMORY CARE</p>	<p>1</p> <p>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</p> <p>1pm- Presentation and Lunch Sponsored by Amneal Dr. Alberto Espay "Crexont and Parkinson's Disease"</p>	<p>2</p>
				<p>4</p> <p>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</p>	<p>5</p> <p>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 - LV Jeanie 3:00-3:45 NO CLASS Mt. St. Joe 2:00-2:45 Carepartner Workout Jennifer</p>
<p>11</p> <p>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</p>	<p>Day sponsored by Acadia</p> <p>12</p> <p>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 - LV Jeanie 3:00-3:45 NO CLASS Mt. St. Joe 2:00-2:45 Carepartner Workout Jennifer</p>	<p>13</p> <p>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</p>	<p>Day sponsored by Cinci Rehab</p> <p>14</p> <p>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</p>	<p>15</p> <p>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</p> <p>1-2:30pm Celebration of Service for Maureen Gartner Come celebrate!</p>	<p>16</p>
<p>18</p> <p>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</p> <p>11am-1:30pm "Ask a Nurse" with Maureen Gartner</p> <p>7pm -- Pleasant Ridge Support Group</p>	<p>19</p> <p>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 - LV Jeanie 3:00-3:45 NO CLASS Mt. St. Joe 2:00-2:45 Carepartner Workout Jennifer</p> <p>2pm - Ask a Dementia Specialist with Teresa Youngstrom</p>	<p>20</p> <p>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</p> <p>12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule: spnrgri@hotmail.com</p>	<p>21</p> <p>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</p>	<p>Day sponsored by Abbvie</p> <p>22</p> <p>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</p>	<p>23</p> <p>10:00-10:45 ADV Balance Basics Gretchen 11:00-11:45 FD - Total body Gretchen</p>
<p>PCF CLOSED</p> <p>25</p> <p>MEMORIAL DAY REMEMBER & HONOR</p>	<p>Day sponsored by Supernus</p> <p>26</p> <p>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 - LV Jeanie 3:00-3:45 NO CLASS Mt. St. Joe 2:00-2:45 Carepartner Workout Jennifer</p>	<p>27</p> <p>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</p> <p>12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule: spnrgri@hotmail.com</p>	<p>28</p> <p>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</p>	<p>29</p> <p>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 NO CLASS John</p>	<p>30</p>

Key: FD = Target Foundations Open to All ADV = Target Advanced Open to Elite Elite = Only Elite Carepartner Only Activities LV = Live (in Person) & Virtual (Connect via video link)

Thanks to our ADVERTISING SPONSORS



We make healthy possible

