

2026 August



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
3	4	5	6	7	8
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	
	2:00-2:45 Hands On - L/V Jeanie	2-3:00pm "Meet and Greet with Alex and Brandon" Lunch and discussion	12:00-12:45 Girl Talk	1pm- Presentation and Lunch Dr. Luca Marsilli, UCGNI "PD in Women"	
	3:00-3:45 NO CLASS Mt. St. Joe		1:00-1:45 Cornhole Tournament John		
	2:00-2:45 Carepartner Workout Jennifer		2:00-2:45 Cognitive Skills Jeanie		
10	11	12	13	14	15
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 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	
11am-1:30pm -- Ask a Nurse With Maureen Gartner	2:00-2:45 Hands On - L/V Jeanie	2pm- Caregiver Support Group Members only	12:00-12:45 Girl Talk		
	3:00-3:45 NO CLASS Mt. St. Joe	12 - 3pm - Donna Burnett - Counseling Services Available - email directly to schedule:spnrgirl@hotmail.com	1:00-1:45 Cornhole Tournament John		
	2:00-2:45 Carepartner Workout Jennifer		2:00-2:45 Cognitive Skills Jeanie		
17	18	19	20	21	22
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 Theresa	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 April	11:00-11:45 ADV Strength Theresa	11:00-11:45 FD Strength & Stretch John	
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		
7pm -- Pleasant Ridge Support Group	2:00-2:45 Hands On - L/V Jeanie		12:00-12:45 Girl Talk		
	3:00-3:45 NO CLASS Mt. St. Joe		1:00-1:45 Cornhole Tournament John		
	2:00-2:45 Carepartner Workout Jennifer		2:00-2:45 Cognitive Skills Jeanie		
24	25	26	27	28	29
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 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 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 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 Hands On - L/V Jeanie	12 - 3pm - Donna Burnett Counseling Services Available email directly to schedule: spnrgirl@hotmail.com	12:00-12:45 Girl Talk		
	3:00-3:45 NO CLASS Mt. St. Joe		1:00-1:45 Cornhole Tournament John		
	2:00-2:45 Carepartner Workout Jennifer		2:00-2:45 Cognitive Skills Jeanie		
	2pm - Ask a Dementia Specialist with Teresa Youngstrom				
31					
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					
					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	Carepartner Only Activities	L/V = Live (in Person) & Virtual (Connect via video link)

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