2026 November

Parkinson Community Fitness — HOPE, HEALTH, ACCEPTANCE

Located at 9687 Kenwood Road, Blue Ash, Ohio 45242
Mailing Address: 4914 Cooper Rd, P.O. Box 428805, Cincinnati, OH 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
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 Speak Out! Mt. St. Joe 2:00–2:45 Carepartner Workout Jennifer	**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	**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	**6** 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 Sponsored by Cincinnati Rehabilitation Hospital Jennifer Ackerman	**7** 10:00–10:45 ADV Balance Basics Gretchen 11:00–11:45 FD - Total body Gretchen
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	Day sponsored by **Acadia** **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 2:00–2:45 Carepartner Workout Jennifer	**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	Day sponsored by **Abbvie** **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	**14**
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	**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 2:00–2:45 Carepartner Workout Jennifer	**18** 10:15–10:45 Elite Floor Stretch Lisa 11:00–11:45 Elite- Total body Lisa 12:00–12:45 NO CLASS April 1:00–1:45 NO CLASS Theresa Friendsgiving! 2pm @PCF	**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	**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** 10:00–10:45 ADV Cardio Blast Jenna 11:00–11:45 FD - Total body Jenna
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 NO CLASS Jeanie 3:00--3:45 NO CLASS Mt. St. Joe 2:00–2:45 Carepartner Workout Jennifer **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 2pm- Caregiver Support Group Members only	**PCF CLOSED** **26** 	**PCF CLOSED** **27** 	**28**
30 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	CINCINNATI REHABILITATION HOSPITAL	abbvie	ACADIA®	Help and Hope with Dementia A Better Approach to MEMORY CARE	PARKINSON DISEASE MOVE IT OR LOSE IT Fighting with Exercise

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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