



# March 2018 Wellness Class Schedule

3220 Liberty Rd S Salem, OR 503.371.0779

Mon	Tue	Wed	Thu	Fri	Sat
			1 12:00 Chair Yoga  Note: Boxing is on Wed. (not Thurs) thru 3/22  5:30pm MS Support Group.	2	3 10:00am Tai Chi  11:15 Boxing for PD
5 11:00 PD/ <b>Agility</b>	6 5:00pm Boxing for PD	7 11:00 PD/ <b>Balance</b>  5:00pm Boxing for PD	8 12:00 Chair Yoga  Note: Boxing is on Wed. (not Thurs) thru 3/22	9	10 10:00 Tai Chi  11:15 Boxing for PD
12 11:00 PD/ <b>Power</b>	13 5:00pm Boxing for PD	14 11:00 PD/ <b>Flexibility</b>  5:00pm Boxing for PD	15 12:00 Chair Yoga  Note: Boxing is on Wed. (not Thurs) thru 3/22	16	17 10:00 Tai Chi  11:15 Boxing for PD
19 11:00 PD/ <b>Big</b>	20 5:00pm Boxing for PD	21 11:00 PD/ <b>Agility</b>  5:00pm Boxing for PD	22 <b>NO Chair Yoga today</b>  Note: Boxing is on Wed. (not Thurs) thru 3/22	23	24 10:00 Tai Chi  11:15 Boxing for PD
26 11:00 PD/ <b>Balance</b>	27 5:00pm Boxing for PD	28 11:00 PD/ <b>Power</b>	29 12:00 Chair Yoga  5:00pm Boxing for PD	30	31 10:00 Tai Chi  11:15 Boxing for PD

Note: PD=Parkinson's Agility class. The word in **BOLD** is the 'theme' for that day's PD class.

**FYI: Classes are open to the Public as well as NWRA patients.  
\$7 per session or \$5 per session with a NWRA Wellness Card...Details at the front desk.  
No experience required. First session of each class is FREE; come explore any/all!**

