



APRIL 2018 Wellness Class Schedule

3220 Liberty Rd S Salem, OR 503.371.0779

Mon	Tue	Wed	Thu	Fri	Sat
2 11:00 PD/ Flexibility	3 5:00pm Boxing for PD	4 11:00 PD/ Big 5:00pm Boxing for PD	5 12:00 Chair Yoga 5:30pm MS Support Group.	6	7 10:00am Tai Chi 11:15 Boxing for PD
9 11:00 PD/ Agility	10 5:00pm Boxing for PD	11 11:00 PD/ Balance 5:00pm Boxing for PD	12 12:00 Chair Yoga	13	14 10:00 Tai Chi 11:15 Boxing for PD
16 11:00 PD/ Power	17 5:00pm Boxing for PD	18 11:00 PD/ Flexibility 5:00pm Boxing for PD	19 12:00 Chair Yoga	20	21 10:00 Tai Chi 11:15 Boxing for PD
23 11:00 PD/ Big	24 5:00pm Boxing for PD	25 11:00 PD/ Agility 5:00pm Boxing for PD	26 12:00 Chair Yoga	27	28 10:00 Tai Chi 11:15 Boxing for PD
30 11:00 PD/ Balance	May1 5:00pm Boxing for PD	May2 11:00 PD/ Power 5:00pm Boxing for PD	May3 12:00 Chair Yoga	May4	May5 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!**