



# MAY 2018 Wellness Class Schedule

3220 Liberty Rd S Salem, OR 503.371.0779

Mon	Tue	Wed	Thu	Fri	Sat
	1 5:00pm Boxing for PD	2 11:00 PD/ <b>Power</b> 5:00pm Boxing for PD	3 <b>NOTE: No Chair Yoga today</b> 5:30pm MS Support Group.	4	5 10:00am Tai Chi 11:15 Boxing for PD
7 11:00 PD/ <b>Flexibility</b>	8 5:00pm Boxing for PD	9 11:00 PD/ <b>Big</b> 5:00pm Boxing for PD	10 12:00 Chair Yoga	11	12 10:00 Tai Chi 11:15 Boxing for PD
14 11:00 PD/ <b>Agility</b>	15 5:00pm Boxing for PD	16 11:00 PD/ <b>Balance</b> 5:00pm Boxing for PD	17 12:00 Chair Yoga	18	19 10:00 Tai Chi 11:15 Boxing for PD
21 11:00 PD/ <b>Power</b>	22 5:00pm Boxing for PD	23 11:00 PD/ <b>Flexibility</b> 5:00pm Boxing for PD	24 12:00 Chair Yoga	25	26 <b>NO CLASSES TODAY</b> Memorial Holiday Weekend
28 <b>NO CLASSES NWRA Closed</b> Memorial Holiday	29 5:00pm Boxing for PD	30 11:00 PD/ <b>Agility</b> 5:00pm Boxing for PD	31 12:00 Chair Yoga		

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!**

