



JUNE 2018 Wellness Class Schedule

3220 Liberty Rd S Salem, OR 503.371.0779

Mon	Tue	Wed	Thu	Fri	Sat
					2 10:00am Tai Chi 11:15 Boxing for PD
4 11:00 PD/ Flexibility	5 5:00pm Boxing for PD	6 11:00 PD/ Big 5:00pm Boxing for PD	7 NOTE: No Chair Yoga today 5:30pm MS Support Group.	8	9 10:00 Tai Chi 11:15 Boxing for PD
11 11:00 PD/ Agility	12 5:00pm Boxing for PD	13 11:00 PD/ Balance 5:00pm Boxing for PD	14 12:00 Chair Yoga	15	16 10:00 Tai Chi 11:15 Boxing for PD
18 11:00 PD/ Power	19 5:00pm Boxing for PD	20 11:00 PD/ Flexibility 5:00pm Boxing for PD	21 12:00 Chair Yoga	22	23 10:00 Tai Chi 11:15 Boxing for PD
25 11:00 PD/ Big	26 5:00pm Boxing for PD	27 11:00 PD/ Agility 5:00pm Boxing for PD	28 12:00 Chair Yoga	29	30 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!**

