



JULY 2018 Wellness Class Schedule

3220 Liberty Rd S Salem, OR 503.371.0779

Mon	Tue	Wed	Thu	Fri	Sat
2 11:00 PD/ Balance	3	4 NWRA Closed. Happy Holiday!	5 12:00 Chair Yoga	6	7 10:00am Tai Chi 11:15 Boxing for PD
9 11:00 PD/ Power	10 5:00pm Boxing for PD	11 11:00 PD/ Flexibility 5:00pm Boxing for PD	12 12:00 Chair Yoga	13	14 11:15 Boxing for PD
16 11:00 PD/ Big	17 5:00pm Boxing for PD	18 5:00pm Boxing for PD	19 12:00 Chair Yoga	20 Note the new class time: 12:00-1:00 PD/ Agility	21 11:15 Boxing for PD
23 12:00-1:00 PD/ Balance	24 5:00pm Boxing for PD	25 5:00pm Boxing for PD	26 12:00 Chair Yoga	27 12:00-1:00 PD/ Power	28 NO Boxing class today.
30 12:00-1:00 PD/ Flexibility	31 5:00pm 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!**

