



# December 2018 Wellness Class Schedule

3220 Liberty Rd S Salem, OR 503.371.0779

Mon	Tue	Wed	Thu	Fri	Sat
30 11:00 PD/ <b>Flexibility</b>	31	1 11:00 PD/ <b>Big</b>	2 12:00 Chair Yoga	30	1
3 11:00 PD/ <b>Agility</b>	4	5 11:00 PD/ <b>Balance</b>	6 12:00 Chair Yoga	8	8
10 <b>12:00 PD/ Power</b>	11	12	13 12:00 Chair Yoga	14 <b>12:00 PD/ Flexibility</b>	15
17 <b>12:00 PD/ Big</b>	18	19	20 12:00 Chair Yoga	21 <b>12:00 PD/Agility</b>	22
24 <b>12:00 PD/ Balance</b>	25	26	27 12:00 Chair Yoga	28 <b>12:00 PD/Power</b>	29

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!**

