



January 2019 Wellness Class Schedule

3220 Liberty Rd S Salem, OR 503.371.0779

Mon	Tue	Wed	Thu	Fri	Sat
31 12:00 PD/ Balance	1 Happy New Year!!	2	3 No Chair Yoga	4 12:00 PD/ Power	5
7 12:00 PD/ Flexibility 11:00 PD/ Power	8	9	10 12:00 Chair Yoga	11 12:00 PD/Big	12
14 12:00 PD/ Agility	15	16	17 12:00 Chair Yoga	18 12:00 PD/ Balance	19
21 12:00 PD/ Power	22	23	24 12:00 Chair Yoga	25 12:00 PD/ Flexibility	26
28 12:00 PD/ Big	29	30	31 12:00 Chair Yoga	1 12:00 PD/ Agility	2

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!**

