



April 2019 Wellness Class Schedule

3220 Liberty Rd S Salem, OR 503.371.0779

Mon	Tue	Wed	Thu	Fri	Sat
1 12:00 PD/ Big	2	3 11:00 Shall We Dance	4 12:00 Chair Yoga	5 12:00 PD/ Agility	6
8 12:00 PD/ Balance	9	10 11:00 Shall We Dance	11 12:00 Chair Yoga	12 12:00 PD/Power	13
15 12:00 PD/ Flexibility	16	17 11:00 Shall We Dance	18 12:00 Chair Yoga	19 12:00 PD/ Big	20
22 12:00 PD/ Agility	23	24 11:00 Shall We Dance	25 12:00 Chair Yoga	26 12:00 PD/ Balance	27
29 12:00 PD/ Power	30	1 11:00 Shall We Dance	2 12:00 Chair Yoga	3 12:00 PD/ Flexibility	4

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!**

