



# May 2019 Wellness Class Schedule

3220 Liberty Rd S Salem, OR 503.371.0779

Mon	Tue	Wed	Thu	Fri	Sat
29 <b>12:00 PD/ Power</b>	30	1 <b>11:00 Shall We Dance</b>	2 <b>12:00 Chair Yoga</b>	3 <b>12:00 PD/ Flexibility</b>	4
6 <b>12:00 PD/ Big</b>	7	8 <b>11:00 Shall We Dance</b>	9 <b>12:00 Chair Yoga</b>	10 <b>12:00 PD/Agility</b>	11
13 <b>12:00 PD/ Balance</b>	14	15 <b>11:00 Shall We Dance</b>	16 <b>12:00 Chair Yoga</b>	17 <b>12:00 PD/ Power</b>	18
20 <b>12:00 PD/ Flexibility</b>	21	22 <b>11:00 Shall We Dance</b>	23 <b>12:00 Chair Yoga</b>	24 <b>12:00 PD/ Big</b>	25
27 <b>Memorial Day No Class</b>	28	29 <b>11:00 Shall We Dance</b>	30 <b>12:00 Chair Yoga</b>	31 <b>12:00 PD/ Balance</b>	1

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!**

