



August 2019 Wellness Class Schedule

3220 Liberty Rd S Salem, OR 503.371.0779

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----|----------------------------|------------------------|---|-----|
| 5 12:00 PD/ Agility | 6 | 7 11:00 Shall We Dance | 8 12:00 Chair Yoga | 9 12:00 PD/ Balance | 10 |
| 12 12:00 PD/ Power | 13 | 14 11:00 Shall We Dance | 15 12:00 Chair Yoga | 16 12:00 PD/ Flexibility | 17 |
| 19 No Class- Cheryl on Vacation | 20 | 21 11:00 Shall We Dance | 22 12:00 Chair Yoga | 23 No Class- Cheryl on Vacation | 24 |
| 26 12:00 PD/ Balance | 27 | 28 11:00 Shall We Dance | 29 12:00 Chair Yoga | 30 12:00 PD/ Power | 31 |
| 2 Labor Day- No Class | 3 | 4 11:00 Shall We Dance | 5 12:00 Chair Yoga | 6 12:00 PD/ Big | 7 |

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!**

