



January 2020 Wellness Class Schedule

3220 Liberty Rd S Salem, OR 503.371.0779

Mon	Tue	Wed	Thu	Fri	Sat
30 12:00 PD/ Power	31 12:00 Speak OUT	1 No Dance Class Happy New Year	2 No Chair Yoga	3 12:00 PD/ Flexibility	4
6 12:00 PD/ Big	7 12:00 Speak OUT	8 12:00 Shall We Dance	9 12:00 Chair Yoga	10 12:00 PD/ Agility	11
13 12:00 PD/ Balance	14 No Speak OUT class	15 12:00 Shall We Dance	16 12:00 Chair Yoga	17 12:00 PD/ Power	18
20 12:00 PD/ Flexibility	21 12:00 Speak OUT	22 12:00 Shall We Dance	23 12:00 Chair Yoga	24 12:00 PD/ Big	25
27 12:00 PD/ Agility	28 12:00 Speak OUT	29 12:00 Shall We Dance	30 12:00 Chair Yoga	31 12:00 PD/ Balance	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!**

