

SUN	MON	TUE	WED	THUR	FRI	SAT					
					9:00 AM Kickin it with Kelly--\$\$ (WR) 11:30 AM Fit Circuit - \$\$ (WR) 2:00 PM Balance Class -- \$\$ (WR) 3:00 PM Balance Class- \$\$ (WR)	2					
3	9:00 AM Kickin it with Kelly--\$\$ (WR) 11:30 AM Fit Circuit - \$\$ (WR) 2:00 PM Balance Class -- \$\$ (WR) 3:00 PM Balance Class- \$\$ (WR)	4	1:00 PM Chair Yoga-- \$\$ (WR) 2:00 PM Lets get physical with Cardio Drumming -- \$\$ (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group--\$\$ (Therapy Room)	5	9:00 AM Kickin it with Kelly--\$\$ (WR) 11:30 AM Fit Circuit - \$\$ (WR) 2:00 PM Balance Class -- \$\$ (WR) 3:00 PM Balance Class- \$\$ (WR)	6	1:00 PM Chair Yoga-- \$\$ (WR) 2:00 PM Lets get physical with Cardio Drumming -- \$\$ (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group--\$\$ (Therapy Room)	7	9:00 AM Kickin it with Kelly--\$\$ (WR) 11:30 AM Fit Circuit - \$\$ (WR) 2:00 PM Balance Class -- \$\$ (WR) 3:00 PM Balance Class- \$\$ (WR)	8	9
10	9:00 AM Kickin it with Kelly--\$\$ (WR) 11:30 AM Fit Circuit - \$\$ (WR) 2:00 PM Balance Class -- \$\$ (WR) 3:00 PM Balance Class- \$\$ (WR)	11	1:00 PM Chair Yoga-- \$\$ (WR) 2:00 PM CANCELLED Lets get physical with Cardio Drumming -- \$\$ (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group--\$\$ (Therapy Room)	12	9:00 AM Kickin it with Kelly--\$\$ (WR) 11:30 AM Fit Circuit - \$\$ (WR) 2:00 PM Balance Class -- \$\$ (WR) 3:00 PM Balance Class- \$\$ (WR)	13	1:00 PM Chair Yoga-- \$\$ (WR) 2:00 PM Lets get physical with Cardio Drumming -- \$\$ (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group--\$\$ (Therapy Room)	14	9:00 AM Kickin it with Kelly--\$\$ (WR) 11:30 AM Fit Circuit - \$\$ (WR) 2:00 PM Balance Class -- \$\$ (WR) 3:00 PM Balance Class- \$\$ (WR)	15	16
17	9:00 AM Kickin it with Kelly--\$\$ (WR) 11:30 AM Fit Circuit - \$\$ (WR) 2:00 PM Balance Class -- \$\$ (WR) 3:00 PM Balance Class- \$\$ (WR)	18	1:00 PM Chair Yoga-- \$\$ (WR) 2:00 PM Lets get physical with Cardio Drumming -- \$\$ (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group--\$\$ (Therapy Room)	19	9:00 AM Kickin it with Kelly--\$\$ (WR) 11:30 AM Fit Circuit - \$\$ (WR) 2:00 PM Balance Class -- \$\$ (WR) 3:00 PM Balance Class- \$\$ (WR)	20	1:00 PM Chair Yoga-- \$\$ (WR) 2:00 PM Lets get physical with Cardio Drumming -- \$\$ (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group--\$\$ (Therapy Room)	21	9:00 AM Kickin it with Kelly--\$\$ (WR) 11:30 AM Fit Circuit - \$\$ (WR) 2:00 PM Balance Class -- \$\$ (WR) 3:00 PM Balance Class- \$\$ (WR)	22	23
24	9:00 AM Kickin it with Kelly--\$\$ (WR) 11:30 AM Fit Circuit - \$\$ (WR) 2:00 PM Balance Class -- \$\$ (WR) 3:00 PM Balance Class- \$\$ (WR)	25	1:00 PM Chair Yoga-- \$\$ (WR) 2:00 PM Lets get physical with Cardio Drumming -- \$\$ (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group--\$\$ (Therapy Room)	26	9:00 AM Kickin it with Kelly--\$\$ (WR) 11:30 AM Fit Circuit - \$\$ (WR) 2:00 PM Balance Class -- \$\$ (WR) 3:00 PM Balance Class- \$\$ (WR)	27	1:00 PM Chair Yoga-- \$\$ (WR) 2:00 PM Lets get physical with Cardio Drumming -- \$\$ (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group--\$\$ (Therapy Room)	28	9:00 AM Kickin it with Kelly--\$\$ (WR) 11:30 AM Fit Circuit - \$\$ (WR) 2:00 PM Balance Class -- \$\$ (WR) 3:00 PM Balance Class- \$\$ (WR)	29	30
31	LOCATION KEY WR - Wellness Room										

August 2025

Wellness Calendar