SUN	MON	TUE	WED	THUR	FRI	SAT
		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)	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)	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)	9:00 AM CANCELLED Kickin it with Kelly\$\$ (WR) 11:30 AM CANCELLED Fit Circuit - \$\$ (WR) 2:00 PM CANCELLED Balance Class \$\$ (WR) 3:00 PM CANCELLED Balance Class- \$\$ (WR)	5
6	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)	<ul> <li>1:00 PM Chair Yoga \$\$ (WR)</li> <li>2:00 PM Lets get physical with Cardio Drumming \$\$ (WR)</li> <li>2:45 PM Rock Steady Boxing/Parkinsons Group\$\$ (Therapy Room)</li> </ul>	9:00 AM Kickin it with Kelly\$\$ (WR) 11:30 AM CANCELLED Fit Circuit - \$\$ (WR) 2:00 PM Balance Class \$\$ (WR) 3:00 PM Balance Class- \$\$ (WR)	<ul> <li>1:00 PM Chair Yoga \$\$ (WR)</li> <li>2:00 PM Lets get physical with Cardio Drumming \$\$ (WR)</li> <li>2:45 PM Rock Steady Boxing/Parkinsons Group\$\$ (Therapy Room)</li> </ul>	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)	12
13	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)	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)	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)	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)	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)	19
20	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)	<ul> <li>1:00 PM Chair Yoga \$\$ (WR)</li> <li>2:00 PM Lets get physical with Cardio Drumming \$\$ (WR)</li> <li>2:45 PM Rock Steady Boxing/Parkinsons Group\$\$ (Therapy Room)</li> </ul>	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)	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)	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)	26
27	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)	<ul> <li>1:00 PM Chair Yoga \$\$ (WR)</li> <li>2:00 PM Lets get physical with Cardio Drumming \$\$ (WR)</li> <li>2:45 PM Rock Steady Boxing/Parkinsons Group\$\$ (Therapy Room)</li> </ul>	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)	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)	LOCATION KEY WR - Wellness Room	

**July 2025** 

Wellness Calendar



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