

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY PM - Prairie Point Model Home WR - Wellness Room				1:00 PM CANCELLED Chair Yoga (WR) 2:00 PM CANCELLED Lets get physical with Cardio Drumming (WR) 2:45 PM CANCELLED Rock Steady Boxing/Parkinsons Group (Therapy Room)	1 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
4 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)	5 9:00 AM Sit & Get Fit w/ Nikki (PM) 9:45 AM Kickin it With Kelly (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)	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)	7 9:00 AM Sit & Get Fit w/ Nikki (PM) 9:45 AM Kickin it With Kelly (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)	8 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)	9 10	
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January 2026

Wellness Calendar