

SUN	MON	TUE	WED	THUR	FRI	SAT
	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 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)	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 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)	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 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 9:00 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 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)	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 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)	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 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 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)	16 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)	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 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)	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 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 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)	23 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)	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 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)	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 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 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)	30 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)	31 LOCATION KEY PM - Prairie Point Model Home WR - Wellness Room			

March 2026

Wellness Calendar

