

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		7
	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		14
	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		21
	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		28
LOCATION KEY PM - Prairie Point Model Home WR - Wellness Room													

February 2026

Wellness Calendar