

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY PM - Prairie Point Model Home WR - Wellness Room			9:00 AM Kickin it with Kelly (WR) 1 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	9:00 AM Sit & Get Fit w/ Nikki (PM) 2 9:45 AM Kickin it With Kelly (WR) 10:30 AM Step Into Sync (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) 3 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	
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12	9:00 AM Kickin it with Kelly (WR) 13 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	9:00 AM Sit & Get Fit w/ Nikki (PM) 14 9:45 AM Kickin it With Kelly (WR) 10:30 AM Step Into Sync (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) 15 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	9:00 AM Sit & Get Fit w/ Nikki (PM) 16 9:45 AM Kickin it With Kelly (WR) 10:30 AM Step Into Sync (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) 17 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	18
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April 2026

Wellness Calendar

