

SUN	MON	TUE	WED	THUR	FRI	SAT
					9:00 AM Kickin it with Kelly (WR) <b>1</b> 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>2</b>
<b>3</b>	9:00 AM Kickin it with Kelly (WR) <b>4</b> 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) 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) <b>5</b>	9:00 AM Kickin it with Kelly (WR) <b>6</b> 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) 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) <b>7</b>	9:00 AM Kickin it with Kelly (WR) <b>8</b> 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>9</b>
<b>10</b>	9:00 AM Kickin it with Kelly (WR) <b>11</b> 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) 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) <b>12</b>	9:00 AM Kickin it with Kelly (WR) <b>13</b> 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) 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) <b>14</b>	9:00 AM Kickin it with Kelly (WR) <b>15</b> 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>16</b>
<b>17</b>	9:00 AM Kickin it with Kelly (WR) <b>18</b> 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) 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) <b>19</b>	9:00 AM Kickin it with Kelly (WR) <b>20</b> 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) 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) <b>21</b>	9:00 AM Kickin it with Kelly (WR) <b>22</b> 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>23</b>
<b>24</b>	<b>Memorial Day</b> 9:00 AM CANCELLED Kickin it with Kelly (WR) <b>25</b> 11:30 AM CANCELLED Fit Circuit (WR) 2:00 PM CANCELLED Balance Class (WR) 3:00 PM CANCELLED Balance Class (WR)	9:00 AM Sit & Get Fit w/Nikki (PM) 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) <b>26</b>	9:00 AM Kickin it with Kelly (WR) <b>27</b> 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) 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) <b>28</b>	9:00 AM Kickin it with Kelly (WR) <b>29</b> 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>30</b>
<b>31</b>	<b>LOCATION KEY</b> PM - Prairie Point Model Home WR - Wellness Room					

May 2026

Wellness Calendar