

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>LOCATION KEY</b> PM - Prairie Point Model Home WR - Wellness Room			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)	9:00 AM Sit & Get Fit w/ Nikki (PM) <b>2</b> 9:45 AM Kickin it With Kelly (WR) 10:45 AM Step Into Sync (WR) 1:00 PM Chair Yoga (WR) 2:00 PM Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	9:00 AM CANCELLED Kickin it with Kelly (WR) <b>3</b> 11:30 AM CANCELLED Fit Circuit (WR) 2:00 PM CANCELLED Balance Class (WR) 3:00 PM CANCELLED Balance Class (WR)	<b>Independence Day</b> <b>4</b>
<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) <b>7</b> 9:45 AM Kickin it With Kelly (WR) 10:45 AM Step Into Sync (WR) 1:00 PM Chair Yoga (WR) 2:00 PM Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	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)	9:00 AM Sit & Get Fit w/ Nikki (PM) <b>9</b> 9:45 AM Kickin it With Kelly (WR) 10:45 AM Step Into Sync (WR) 1:00 PM Chair Yoga (WR) 2:00 PM Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	9:00 AM Kickin it with Kelly (WR) <b>10</b> 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>11</b>
<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) <b>14</b> 9:45 AM Kickin it With Kelly (WR) 10:45 AM Step Into Sync (WR) 1:00 PM Chair Yoga (WR) 2:00 PM Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	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)	9:00 AM Sit & Get Fit w/ Nikki (PM) <b>16</b> 9:45 AM Kickin it With Kelly (WR) 10:45 AM Step Into Sync (WR) 1:00 PM Chair Yoga (WR) 2:00 PM Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	9:00 AM Kickin it with Kelly (WR) <b>17</b> 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>18</b>
<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) <b>21</b> 9:45 AM Kickin it With Kelly (WR) 10:45 AM Step Into Sync (WR) 1:00 PM Chair Yoga (WR) 2:00 PM Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	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)	9:00 AM Sit & Get Fit w/ Nikki (PM) <b>23</b> 9:45 AM Kickin it With Kelly (WR) 10:45 AM Step Into Sync (WR) 1:00 PM Chair Yoga (WR) 2:00 PM Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	9:00 AM Kickin it with Kelly (WR) <b>24</b> 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	<b>25</b>
<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) <b>28</b> 9:45 AM Kickin it With Kelly (WR) 10:45 AM Step Into Sync (WR) 1:00 PM Chair Yoga (WR) 2:00 PM Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	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)	9:00 AM Sit & Get Fit w/ Nikki (PM) <b>30</b> 9:45 AM Kickin it With Kelly (WR) 10:45 AM Step Into Sync (WR) 1:00 PM Chair Yoga (WR) 2:00 PM Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	9:00 AM Kickin it with Kelly (WR) <b>31</b> 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	

# July 2026

Wellness Calendar

