

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY PM - Prairie Point Model Home WR - Wellness Room				9:00 AM Sit & Get Fit w/Nikki (PM) 1 9:45 AM Kickin it With Kelly (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) 2 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	3
4	9:00 AM Kickin it with Kelly (WR) 5 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) 6 9:45 AM Kickin it With Kelly (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) 7 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) 8 9:45 AM Kickin it With Kelly (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) 9 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	10
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October 2026

Wellness Calendar