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 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 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** 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 Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	**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 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 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** 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 Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	**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 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 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** 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 Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	**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 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 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** 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 Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/ Parkinsons Group (Therapy Room)	**28**
29 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)	**30** **LOCATION KEY** PM - Prairie Point Model Home WR - Wellness Room					

November 2026

Wellness Calendar

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