

May Month-At-A-Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 7th Educational Series Room 105 Topic: Oral Health & Parkinson's Disease Speaker: Dr. Cameron Jeter Orange = Special Notice			1 11:30 Pool & Nordic W. (Adv) 11:30 Bal-Vis (Basic) 12:15 Bal-Vis (Adv) 12:00 Cardio 1:00 WellREP 141 & 145 1:00 F45 2:00 Yoga Dance Practice (141)	2 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv)	3 SCHEDULE CHANGE 10:00 F45 10:00 Combined Fall Prevention (Room 145) 11:30 Education Hour 143 or 141 Topic: More DAYS with GOOD ON Time Speaker: Dr. Karunapuzha, MD	4
5 Cinco de Mayo! 	6 11:30 Pool & Nordic Walking 12:15 Cardio & Cybex 1:00 WellREP 141 & 145 1:00 F45 2:00 Dance Class 2:30 Dance Performance!	7 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv)	8 11:30 Pool & Nordic W. (Adv) 11:30 Bal-Vis (Basic) 12:15 Bal-Vis (Adv) 12:00 Cardio 1:00 WellREP 141 & 145 1:00 F45 2:00 Yoga	9 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv)	10 10:00 Empowerment 11:00 F45 11:15 Fall Prevention 1 & 2	11
12 Happy Mother's Day! 	13 11:30 Pool & Nordic Walking 12:15 Cardio & Cybex 1:00 WellREP 141 & 145 1:00 F45 2:00 Handwriting/Fine Motor 6:15 YOPD F45 7:00 YOPD Empowerment	14 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv)	15 Wear your Blue T-Shirts! 11:30 Pool & Nordic W. (Adv) 11:30 Bal-Vis (Basic) 12:15 Bal-Vis (Adv) 12:00 Cardio 1:00 WellREP 141 & 145 1:00 F45 2:00 Yoga	16 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv)	17 10:00 Empowerment 11:00 F45 11:15 Fall Prevention 1 & 2 All Day: Nothing Bundt Cakes 20% Give back to Club Parkinson's! 3080 N. Maize Rd., Suite 100 Wichita, KS 67205	18
19 "Wins for KS" Channel 10 Devaughn James @10 PM	20 11:30 Pool & Nordic Walking 12:15 Cardio & Cybex 1:00 WellREP 141 & 145 1:00 F45 6:15 YOPD F45 7:00 YOPD Empowerment	21 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv)	22 11:30 Pool & Nordic W. (Adv) 11:30 Bal-Vis (Basic) 12:15 Bal-Vis (Adv) 12:00 Cardio 1:00 WellREP 141 & 145 1:00 F45 2:00 Yoga	23 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv)	24 NO CLASSES	25
26	27 Memorial Day HESKETT CLOSED NO CLASSES	28 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv)	29 11:30 Pool & Nordic W. (Adv) 11:30 Bal-Vis (Basic) 12:15 Bal-Vis (Adv) 12:00 Cardio 1:00 WellREP 141 & 145 1:00 F45 2:00 Yoga	30 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv)	31 New Schedule Waiting approval from WSU Stay tuned! 12:00 Final Friday Celebration	