

# February Month-At-A-Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Save the date:</b>						<b>1</b>
	<ul style="list-style-type: none"> <li>March   Education Series: TBD!</li> <li>March 5<sup>th</sup>   Club Parkinson's Experience the Club Day</li> <li>April 28<sup>th</sup>   Club Parkinson's 4<sup>th</sup> Annual Golf Tournament</li> </ul>					
<b>2</b>	<b>3</b> 11:00 Movement w/ Music ( <b>Adv.</b> ) & Cardio ( <b>Basic</b> ) 11:30 Aquatics 12:00 Movement w/ Music ( <b>Basic</b> ) & Cardio ( <b>Adv.</b> ) 12:00 Stretch & Flex ( <b>Basic</b> ) 12:15 Cybex 1:00 WellREP   141 & 143 1:00 Boxing 2:00 Ready! Steady! Write! 2:00 Stretch & Flex ( <b>Adv.</b> )	<b>4</b>	<b>5</b> 11:00 Nordic Walking 11:30 Bal-Vis ( <b>Adv.</b> ) 11:30 Aquatics 11:45 Yoga - Floor 12:15 Bal-Vis ( <b>Basic</b> ) 1:00 WellREP   141 & 145 1:00 F45 2:00 Smart Speech - Dysphagia	<b>6</b> 1:00 Boxing ( <b>Basic</b> ) 1:45 Stretching 2:15 Boxing ( <b>Adv.</b> )	<b>7</b> 10:00 Education Hour   A different Approach to PD <b>Speaker:</b> AbbVie Pharmaceuticals 11:00 PWR! Hour ( <b>Basic</b> ) 11:00 Balance Boost ( <b>Adv.</b> ) 11:00 F45	<b>8</b>
<b>9</b>	<b>10</b> 11:00 Movement w/ Music ( <b>Adv.</b> ) & Cardio ( <b>Basic</b> ) 11:30 Aquatics 12:00 Movement w/ Music ( <b>Basic</b> ) & Cardio ( <b>Adv.</b> ) 12:00 Stretch & Flex ( <b>Basic</b> ) 12:15 Cybex 1:00 WellREP   141 & 143 1:00 Boxing 2:00 Ready! Steady! Write! 2:00 Stretch & Flex ( <b>Adv.</b> )	<b>11</b>	<b>12</b> 11:00 Nordic Walking 11:30 Bal-Vis ( <b>Adv.</b> ) 11:30 Aquatics 11:45 Yoga - Floor 12:15 Bal-Vis ( <b>Basic</b> ) 1:00 WellREP   141 & 145 1:00 F45 2:00 Smart Speech - Dysphagia	<b>13</b> 1:00 Boxing ( <b>Basic</b> ) 1:45 Stretching 2:15 Boxing ( <b>Adv.</b> )	<b>14 Wear Red or Pink!</b> 10:00 Empowerment Group ( <b>PwP</b> ) & ( <b>CG</b> ) 11:00 PWR! Hour ( <b>Basic</b> ) 11:00 Balance Boost ( <b>Adv.</b> ) 11:00 F45	<b>15</b>
<b>16</b>	<b>17</b> 11:00 Movement w/ Music ( <b>Adv.</b> ) & Cardio ( <b>Basic</b> ) 11:30 Aquatics 12:00 Movement w/ Music ( <b>Basic</b> ) & Cardio ( <b>Adv.</b> ) 12:00 Stretch & Flex ( <b>Basic</b> ) 12:15 Cybex 1:00 WellREP   141 & 143 1:00 Boxing 2:00 Ready! Steady! Write! 2:00 Stretch & Flex ( <b>Adv.</b> )	<b>18</b>	<b>19</b> 11:00 Nordic Walking 11:30 Bal-Vis ( <b>Adv.</b> ) 11:30 Aquatics 11:45 Yoga - Floor 12:15 Bal-Vis ( <b>Basic</b> ) 1:00 WellREP   141 & 145 1:00 F45 2:00 Smart Speech - Dysphagia	<b>20</b> 1:00 Boxing ( <b>Basic</b> ) 1:45 Stretching 2:15 Boxing ( <b>Adv.</b> )	<b>21</b> 10:00 Empowerment Group ( <b>PwP</b> ) & ( <b>CG</b> ) 11:00 PWR! Hour ( <b>Basic</b> ) 11:00 Balance Boost ( <b>Adv.</b> ) 11:00 F45	<b>22</b>
<b>23</b>	<b>24</b> 11:00 Movement w/ Music ( <b>Adv.</b> ) & Cardio ( <b>Basic</b> ) 11:30 Aquatics 12:00 Movement w/ Music ( <b>Basic</b> ) & Cardio ( <b>Adv.</b> ) 12:00 Stretch & Flex ( <b>Basic</b> ) 12:15 Cybex 1:00 WellREP   141 & 143 1:00 Boxing 2:00 Ready! Steady! Write! 2:00 Stretch & Flex ( <b>Adv.</b> )	<b>25</b> 6:15 YOPD Empowerment	<b>26</b> 11:00 Nordic Walking 11:30 Bal-Vis ( <b>Adv.</b> ) 11:30 Aquatics 11:45 Yoga - Floor 12:15 Bal-Vis ( <b>Basic</b> ) 1:00 WellREP   141 & 145 1:00 F45 2:00 Smart Speech - Dysphagia	<b>27</b> 1:00 Boxing ( <b>Basic</b> ) 1:45 Stretching 2:15 Boxing ( <b>Adv.</b> )	<b>28</b> 10:00 Empowerment Group ( <b>PwP</b> ) & ( <b>CG</b> ) 11:00 PWR! Hour ( <b>Basic</b> ) 11:00 Balance Boost ( <b>Adv.</b> ) 11:00 F45 12:30 Final/Celebration Friday!	