

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 One Month Left for Appeal Letters!</b>  <b>NO CLASSES</b> <b>HESKETT CENTER CLOSED</b>	<b>2</b>	<b>3</b> 10:45 Aquatics ( <b>All Levels</b> ) 11:00 (Chair) PWR! ( <b>Basic</b> ) 11:00 Bal-A-Vis-X ( <b>Adv.</b> ) 12:00 Bal-A-Vis-X ( <b>Basic</b> ) 12:00 Cardio ( <b>All Levels</b> ) 12:00 Floor/PWR! & Core ( <b>Int.</b> & <b>Adv.</b> ) 1:00 WellREP ( <b>Basic</b> ) & WellREP ( <b>Int.</b> ) 1:00 F45 ( <b>Adv.</b> ) 2:00 Chair Yoga ( <b>All Levels</b> )	<b>4</b> 12:00 Boxing ( <b>Adv.</b> ) 12:45 Stretch & Flex ( <b>Adv.</b> ) 1:30 Boxing ( <b>Basic</b> ) 2:15 Stretch & Flex ( <b>Basic</b> )	<b>5</b> 10:00 Education Hour: Difference between Western & Functional Medicine & Alternative Therapies <b>Speaker:</b> Dr. Arnold, Kinesiologist 11:00 Movement w/ Music ( <b>All Levels</b> ) 11:00 F45	<b>6</b>
<b>7</b>	<b>8 Club Parkinson's 4<sup>th</sup> Anniversary!</b> 10:45 Aquatics ( <b>All Levels</b> ) 11:00 Strength Training ( <b>All Levels</b> ) 11:00 Movement w/ Music ( <b>All Levels</b> ) 12:00 PWR! & Posture (Chair) ( <b>Basic</b> ) 12:00 Floor PWR! ( <b>Int.</b> ) 12:00 Stretch & Flex (Floor) ( <b>Adv.</b> ) 1:00 WellREP ( <b>Basic</b> ) & WellREP ( <b>Int.</b> ) 1:00 Boxing ( <b>Adv.</b> ) 2:00 Smart Speech ( <b>All Levels</b> )	<b>9</b> <b>Parkinson's Advocacy Day in DC!</b> <b>(Goodluck Connie, Shana, Delia, &amp; Teanna!)</b>	<b>10 Coffee Hour @10:00</b> 10:45 Aquatics ( <b>All Levels</b> ) 11:00 (Chair) PWR! ( <b>Basic</b> ) 11:00 Bal-A-Vis-X ( <b>Adv.</b> ) 12:00 Bal-A-Vis-X ( <b>Basic</b> ) 12:00 Cardio ( <b>All Levels</b> ) 12:00 Floor/PWR! & Core ( <b>Int.</b> & <b>Adv.</b> ) 1:00 WellREP ( <b>Basic</b> ) & WellREP ( <b>Int.</b> ) 1:00 F45 ( <b>Adv.</b> ) 2:00 Chair Yoga ( <b>All Levels</b> )	<b>11</b> 12:00 Boxing ( <b>Adv.</b> ) 12:45 Stretch & Flex ( <b>Adv.</b> ) 1:30 Boxing ( <b>Basic</b> ) 2:15 Stretch & Flex ( <b>Basic</b> )	<b>12</b> 10:00 Empowerment Group ( <b>PwP</b> ) & ( <b>CG</b> ) 11:00 Movement w/ Music ( <b>All Levels</b> ) 11:00 Floor PWR! ( <b>Int.</b> ) 11:00 F45 ( <b>Adv.</b> )	<b>13</b>
<b>14</b>	<b>15</b> 10:45 Aquatics ( <b>All Levels</b> ) 11:00 Strength Training ( <b>All Levels</b> ) 11:00 Movement w/ Music ( <b>All Levels</b> ) 12:00 PWR! & Posture (Chair) ( <b>Basic</b> ) 12:00 Floor PWR! ( <b>Int.</b> ) 12:00 Stretch & Flex (Floor) ( <b>Adv.</b> ) 1:00 WellREP ( <b>Basic</b> ) & WellREP ( <b>Int.</b> ) 1:00 Boxing ( <b>Adv.</b> ) 2:00 Smart Speech ( <b>All Levels</b> )	<b>16</b>	<b>17 See Event Below!</b> 10:45 Aquatics ( <b>All Levels</b> ) 11:00 (Chair) PWR! ( <b>Basic</b> ) 11:00 Bal-A-Vis-X ( <b>Adv.</b> ) 12:00 Bal-A-Vis-X ( <b>Basic</b> ) 12:00 Cardio ( <b>All Levels</b> ) 12:00 Floor/PWR! & Core ( <b>Int.</b> & <b>Adv.</b> ) 1:00 Formal Recognition Event & 4 <sup>th</sup> CP Anniversary Party!	<b>18</b> 12:00 Boxing ( <b>Adv.</b> ) 12:45 Stretch & Flex ( <b>Adv.</b> ) 1:30 Boxing ( <b>Basic</b> ) 2:15 Stretch & Flex ( <b>Basic</b> )	<b>19</b> 10:00 Empowerment Group ( <b>PwP</b> ) & ( <b>CG</b> ) 11:00 Movement w/ Music ( <b>All Levels</b> ) 11:00 Floor PWR! ( <b>Int.</b> ) 11:00 F45 ( <b>Adv.</b> )	<b>20</b>
<b>21</b>	<b>22</b> 10:45 Aquatics ( <b>All Levels</b> ) 11:00 Strength Training ( <b>All Levels</b> ) 11:00 Movement w/ Music ( <b>All Levels</b> ) 12:00 PWR! & Posture (Chair) ( <b>Basic</b> ) 12:00 Floor PWR! ( <b>Int.</b> ) 12:00 Stretch & Flex (Floor) ( <b>Adv.</b> ) 1:00 WellREP ( <b>Basic</b> ) & WellREP ( <b>Int.</b> ) 1:00 Boxing ( <b>Adv.</b> ) 2:00 Smart Speech ( <b>All Levels</b> )	<b>23</b>  <b>6:00 Evening Empowerment</b>	<b>24 Coffee Hour @10:00</b> 10:45 Aquatics ( <b>All Levels</b> ) 11:00 (Chair) PWR! ( <b>Basic</b> ) 11:00 Bal-A-Vis-X ( <b>Adv.</b> ) 12:00 Bal-A-Vis-X ( <b>Basic</b> ) 12:00 Cardio ( <b>All Levels</b> ) 12:00 Floor/PWR! & Core ( <b>Int.</b> & <b>Adv.</b> ) 1:00 WellREP ( <b>Basic</b> ) & WellREP ( <b>Int.</b> ) 1:00 F45 ( <b>Adv.</b> ) 2:00 Chair Yoga ( <b>All Levels</b> )	<b>25</b> 12:00 Boxing ( <b>Adv.</b> ) 12:45 Stretch & Flex ( <b>Adv.</b> ) 1:30 Boxing ( <b>Basic</b> ) 2:15 Stretch & Flex ( <b>Basic</b> )	<b>26</b> 10:00 Empowerment Group ( <b>PwP</b> ) & ( <b>CG</b> ) 11:00 Movement w/ Music ( <b>All Levels</b> ) 11:00 Floor PWR! ( <b>Int.</b> ) 11:00 F45 ( <b>Adv.</b> ) <b>12:00 Final Celebration Friday!</b>	<b>27</b>
<b>28</b>	<b>29</b> 10:45 Aquatics ( <b>All Levels</b> ) 11:00 Strength Training ( <b>All Levels</b> ) 11:00 Movement w/ Music ( <b>All Levels</b> ) 12:00 PWR! & Posture (Chair) ( <b>Basic</b> ) 12:00 Floor PWR! ( <b>Int.</b> ) 12:00 Stretch & Flex (Floor) ( <b>Adv.</b> ) 1:00 WellREP ( <b>Basic</b> ) & WellREP ( <b>Int.</b> ) 1:00 Boxing ( <b>Adv.</b> ) 2:00 Smart Speech ( <b>All Levels</b> )	<b>30</b>			<b>Next Month – October 3<sup>rd</sup></b> 10:00 Education Hour   Room 105 <b>Topic:</b> Research & PD <b>Speaker:</b> Kansas University Medical, Dr. Kelly Lyons	