

# 50 MINUTE CLASS SCHEDULE

	Mon	Tue	Wed	Thur	Fri
8AM	Bone Building		Bone Building		Balance
9AM	Balance		Parkinson's Hour Of Power	Strong Healthy Bodies	
10AM	Cancer Wellness	Brain Boost	Cancer Wellness	Parkinson's Hour Of Power	Brain Boost
11AM		Strong Healthy Bodies			
12PM					
1PM				Balance	
2PM	Parkinson's Hour Of Power				Parkinson's Hour Of Power
3PM		Balance	Bone Building	Strong Healthy Bodies	Bone Building
4PM		Strong Healthy Bodies			

## CLASS SCHEDULE GUIDE

-  If you live with parkinson's or parkinsonism
-  Builds strength, skill & confidence to move through life with ease
-  To improve your balance
-  To improve memory & general brain health
-  If you live with osteopenia or osteoporosis
-  If you are living with cancer