

The Nelson Wellness Center Summer Sessions

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM			Sign Chi Do			
8:30 AM			Healing Gardens			
9:00 AM	Active Aging Strength and Balance	Active Aging Flexibility	Active Aging Strength and Balance	Active Aging Flexibility	Active Aging Strength and Balance	
9:30 AM						
10:00 AM						Kids Drums Alive!*
10:30 AM		Active Aging Gentle Moves		Active Aging Gentle Moves	Brain Fitness	
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	NeuroFit Grad Program	NeuroFit Beginner	NeuroFit Grad Program	NeuroFit Beginner		
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM	Intermediate Yoga			Gentle Yoga		
6:00 PM						
6:30 PM						
7:00 PM						

*Last Saturday of every month

For more information on classes, sessions and special events, contact the Nelson Wellness Center at 320-762-4327