CENTER FOR MOVEMENT CHALLENGES
Weekly Class Schedule

MONDAY

8:45–9:45 AM	Standing Boxing
10:00–11:00 AM	Optimizing Movement
11:15 AM–12:15 PM	Standing Boxing
12:30–1:30 PM	Seated Boxing
6:00–7:00 PM	Standing Boxing

TUESDAY

9:55–10:55 AM	Standing Boxing
11:00 AM–12:00 PM	Optimizing Movement

*No Optimizing class the 1st Tuesday of the month due to Parkinson's disease support Group at 11 a.m.

WEDNESDAY

8:45–9:45 AM	Standing Boxing
10:00–11:00 AM	Optimizing Movement
11:15 AM–12:15 PM	Standing Boxing
12:30–1:30 PM	Seated Boxing
6:00–7:00 PM	Standing Boxing

THURSDAY

9:45–10:45 AM	General Fitness
11:00 AM–12:00 PM	Yoga

FRIDAY

8:45–9:45 AM	Standing Boxing
9:55–10:55 AM	Standing Boxing
11:00 AM–12:00 PM	Optimizing Movement

SATURDAY

9:15–10:15 AM	Standing Boxing
10:30–11:30 AM	Seated Boxing
VIRTUAL: **9:00–10:00 AM**	(ZOOM) Speech and Cognition Wellness Class zoom.us/j/87539893602

SPECIAL ACTIVITIES & THINGS TO KNOW

Pickleball: Mondays from 1-3 PM at the Sandy Springs Racquet Center | Register with Janet: 404-275-1481
Parkinson's Choir: Fridays from 2-3 PM at CFMC
Mahjong: Tuesdays from 12-2 PM at CFMC
Parkinson's Support Group: 1st Tuesday of the month from 11 AM-12:15 PM at CFMC
Dementia Care Partner Group: 3rd Wednesday of the month from 2-3 PM at CFMC
On-demand Exercise & Wellness Videos: videos.centerformovementchallenges.org

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