

Holzer Therapy & Wellness Center

2019 Classes, Services & Support Groups

Line Dancing - Resuming Summer/Fall 2019

Massage Services with Barbara Sheets - *by appointment only*

Men & Women Personal Training Available

Parkinson's Class - Tuesdays & Thursdays 3:00 PM - 4:00 PM

Spin Class - Tuesdays & Thursdays (*by appointment only*)

Stroke Support Group - 3rd Tuesday of the month 1:00 PM

T'AI CHI - 2nd & 4th Monday of the month (*Advanced Class*) 1:00 PM

1st & 3rd Monday of the month (*Beginners Class*) 1:00 PM

Yoga with Abby - Thursdays 9:30 AM

Wednesday & Thursdays 6:30 PM

Zumba with Dr. Joshua Bryant - Tuesdays 6:50 PM

For questions regarding classes, support groups, and other services, please contact Wellness Center staff or call 740.446.5502.