



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------|--|----------------|--------------------------|-------------------------------------|----------|
| | | | | 1 | 2 | 3 |
| | | | | LOVE YOURSELF | 1PM CHAIR YOGA IN THE GARDEN | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | CLOSED-HOLIDAY | WRAP | WOMEN'S GROUP | NO CLASS-FACILITATOR OFF | 1PM CHAIR YOGA IN THE GARDEN | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | | WRAP | AFTERNOON CHAT | LOVE YOURSELF | 1PM CHAIR YOGA IN THE GARDEN | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | | GROUNDING THROUGH ART NOTE: NO WRAP | | NO CLASS-FACILITATOR OFF | 1PM CHAIR YOGA IN THE GARDEN, MUSIC | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | | WRAP | AFTERNOON CHAT | LOVE YOURSELF | 1PM CHAIR YOGA IN THE GARDEN | |
| | | | | | | |

AM CLASS – 10:00 AM – 12:00 PM PM CLASS – 1:30 PM – 3:30 PM UNLESS OTHERWISE NOTED
To Register, Call 519-371-3642 x1229