



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		CLOSED-HOLIDAY	AFTERNOON CHAT CHAIR YOGA	LIVING LIFE/FULL 9:30AM-12PM WRAP		
6	7	8	9	10	11	12
			CHAIR YOGA	LIVING LIFE/FULL 9:30AM-12PM WRAP		
13	14	15	16	17	18	19
		ART FOR WELLNESS	NO AFT. CHAT CHAIR YOGA	LIVING LIFE/FULL 9:30AM-12PM WRAP		
20	21	22	23	24	25	26
			WOMEN'S GROUP CHAIR YOGA	LIVING LIFE/FULL 9:30AM-12PM WRAP		
27	28	29	30	31		
			AFTERNOON CHAT CHAIR YOGA	LIVING LIFE/FULL 9:30AM-12PM		

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