

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Simply Stretch 11:30-11:55am (click to add to cal) Couples Wellness 12:00-12:25pm (click to add to cal)	3 Guided Meditation 9:30-9:55am (click to add to cal)	4 Yoga Flow 11:30-11:55am (click to add to cal)	5 Coping with Loss During the Holidays 11:30-11:55am (click to add to cal) Zumba 5:30-5:55pm (click to add to cal)	6 Holiday Sculpt & Stretch 10:30-10:55am (click to add to cal)	7
8	9 Simply Stretch 11:30-11:55am (click to add to cal) Removing The Stigma From Mental Health 12:00-12:25pm (click to add to cal)	10 Guided Meditation 9:30-9:55am (click to add to cal)	11 Yoga Flow 11:30-11:55am (click to add to cal)	12 Holiday Hang Ups 11:30-11:55am (click to add to cal) Zumba 5:30-5:55pm (click to add to cal)	13 Holiday Sculpt & Stretch 10:30-10:55am (click to add to cal) Saving Money During the Holidays 11:30-11:55am (click to add to cal)	14
15	16 Simply Stretch 11:30-11:55am (click to add to cal) Overcoming Procrastination 12:00-12:25pm (click to add to cal)	17 Guided Meditation 9:30-9:55am (click to add to cal)	18 Yoga Flow 11:30-11:55am (click to add to cal)	19 Tinsel Talk 11:30-11:55am (click to add to cal) Zumba 5:30-5:55pm (click to add to cal)	20 Holiday Sculpt & Stretch 10:30-10:55am (click to add to cal)	21
22	23 Simply Stretch 11:30-11:55am (click to add to cal) Effective Communication 12:00-12:25pm (click to add to cal)	24 Guided Meditation 9:30-9:55am (click to add to cal)	25 NO CLASS CHRISTMAS	26 Winter Wellness Breathwork 11:30-11:55am (click to add to cal) Zumba 5:30-5:55pm (click to add to cal)	27 Holiday Sculpt & Stretch 10:30-10:55am (click to add to cal) Go For Your Goals 11:30-11:55am (click to add to cal)	28
29	30 Simply Stretch 11:30-11:55am (click to add to cal) Challenging Perfectionism 12:00-12:25pm (click to add to cal)	31 Guided Meditation 9:30-9:55am (click to add to cal)				