

# January 2025 Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
8:30am-7pm	8:30am-7pm	1 8:30am-7pm	2 8:30am-7pm	3 9am- 12pm
		Closed	11am- GED Classes(1) 1pm- Pilates (1) 2pm- Spin (1)	9am- Pilates (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)
6 8:30am- 7pm	7 8:30am-7pm	8 8:30am-7pm	9 8:30am-7pm	10 9am-12pm
9am- Gentle Yoga (2) 10am- Zumba (1) 1pm- Pilates (1) 5:30pm- Creative Cooking (1)	9am- Staying Healthy (2) 10am-Spin (1) 12pm- Creative Cooking (1) 4pm- Biblical Counseling (1)	9am- Zumba (1) 10am- Chair Yoga (2) 2pm- Dental Education (1) 5pm- Weight training (1)	11am- GED Classes(1) 1pm- Pilates (1) 2pm- Spin (1)	9am- Pilates (1) 9:30am- HIIT with Dalia (1) 10am- Spin (1)
13 8:30am- 7pm	14 8:30am- 7pm	15 8:30am- 7pm	16 8:30am- 7pm	17 9am-12pm
9am- Gentle Yoga (2) 10am- Zumba (1) 1pm- Pilates (1) 4pm- Life Skills (2) 5:30pm- Creative Cooking (1)	9am- Staying Healthy (2) 10am-Spin (1) 12pm- Creative Cooking (1) 4pm- Biblical Counseling (1)	9am- Zumba (1) 10am- Stress Management (2) 2pm-Goal Setting (2) 5pm-Weight training (1)	10am-Citizenship Class (1) 11am- GED Classes(1) 1pm- Pilates (1) 2pm- Spin (1) 3pm-Art (1)	9am- Pilates (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)
20 8:30am-7pm	21 8:30am-7pm	22 8:30am-7pm	23 8:30am-7pm	24 9am-12pm
Closed.	9am- Staying Healthy (2) 10am-Spin (1) 12pm- Creative Cooking (1) 2pm- Nutrition 101 (2) 4pm- Biblical Counseling (1)	9am- Zumba (1) 10am- Chair Yoga (2) 2pm- Dental Education (1) 5pm- Weight Training (1)	10am-Citizenship Class (1) 11am- GED Classes(1) 1pm- Pilates (1) 2pm- Spin (1)	9am- Pilates (1) 9:30am- HIIT with Dalia (1) 10am- Spin (1)
27 8:30am-7pm	28 8:30am-7pm	29 8:30am-7pm	30 8:30am-7pm	31 9am-12pm
9am- Gentle Yoga (2) 10am- Zumba (1) 1pm- Pilates (1) 5:30pm- Creative Cooking (1)	9am- Staying Healthy (2) 10am-Spin (1) 12pm- Creative Cooking (1) 2pm- Nutrition 101 (2) 4pm- Biblical Counseling (1)	9am- Zumba (1) 10am- Chair Yoga (2) 2pm-Goal Setting (2) 5pm-Weight training (1)	10am-Citizenship Class (1) 11am- GED Classes (1) 1pm- Pilates (1) 2pm- Spin (1)	9am- Pilates (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)