

Wellness Calendar September 2023

Sund	Monday	Tuesday	Wednesday	Thursday	Friday	Satur
	Lisa Roepeke Wellness Coordinator				1 9:00 Tone Zone P 10:00 Wellness IP (AW/EG/BB/FV) 11:00 Balance GC	2
3	4 Labor Day	5 9:00 Balance P 10:00 Brain Power IP (AW/EG/BB/FV) 11:00 Chair Yoga GC 1:00 Wellness Exercise- SLC/BC	6 9:00 Flexibility P 10:00 Wellness (IP) (AW/EG/BB/FV) 11:00 Balance GC 1:00 Wellness Exercise (SLC/BC)	7 9:00 Chair Yoga P 10:00 Brain Power IP (AW/EG/BB/FV) 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC	8 9:00 Tone Zone P 10:00 Wellness IP (AW/EG/BB/FV) 11:00 Balance GC	9
10	11 9:00 Tone Zone P 10:00 Wellness IP 11:00 Tone zone GC 1:00 Brain Power P 2:30 Brain Power GC	12 9:00 Balance P 10:00 Brain Power IP (AW/EG/BB/FV) 11:00 Chair Yoga GC 1:00 Wellness Exercise- SLC/BC	13 9:00 Flexibility P 10:00 Wellness (IP) (AW/EG/BB/FV) 11:00 Balance GC 1:00 Wellness Exercise (SLC/BC)	14 9:00 Chair Yoga P 10:00 Brain Power IP (AW/EG/BB/FV) 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC	15 9:00 Tone Zone P 10:00 Wellness IP (AW/EG/BB/FV) 11:00 Balance GC	16
17	18 9:00 Tone Zone P 10:00 Wellness IP 11:00 Tone zone GC 1:00 Brain Power P 2:30 Brain Power GC	19 9:00 Balance P 10:00 Brain Power IP (AW/EG/BB/FV) 11:00 Chair Yoga GC 1:00 Wellness Exercise- SLC/BC	20 9:00 Flexibility P 10:00 Wellness (IP) (AW/EG/BB/FV) 11:00 Balance GC 1:00 Wellness Exercise (SLC/BC)	21 9:00 Chair Yoga P 10:00 Brain Power IP (AW/EG/BB/FV) 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC	22 9:00 Tone Zone P 10:00 Wellness IP (AW/EG/BB/FV) 11:00 Balance GC	23
24	25 9:00 Tone Zone P 10:00 Wellness IP 11:00 Tone zone GC 1:00 Brain Power P 2:30 Brain Power GC	26 9:00 Balance P 10:00 Brain Power IP (AW/EG/BB/FV) 11:00 Chair Yoga GC 1:00 Wellness Exercise- SLC/BC	27 9:00 Flexibility P 10:00 Wellness (IP) (AW/EG/BB/FV) 11:00 Balance GC 1:00 Wellness Exercise (SLC/BC)	28 9:00 Chair Yoga P 10:00 Brain Power IP (AW/EG/BB/FV) 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC	29 9:00 Tone Zone P 10:00 Wellness IP (AW/EG/BB/FV) 11:00 Balance GC	30