

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00am- 10:30am All Levels 10:30-11:00 One on One	2 9:00-10:30am High Level 10:30-11:00 One on One	3 9:00-9:30 Warm up 9:30-10:30 am Chair Yoga (Carol) 10:30-12:00pm Mat Yoga (Carol) 10:30-11:00 One on One	4 9:00-11:00 am Joy and Nancy-LSVT (Physical and Speech Therapy)
5	6 9:00-10:30am All Levels 10:30-11:00 One on One 5:30-6:30pm Joy -LSVT	7 9:00-10:30 am High Level 10:30-11:00 One on One	8 9:00am 10:30am All Levels 10:30-11:00 One on One	9 9:00-10:30am High Level 10:30-11:00 One on One	10 9:00am-9:30am Warm up 9:30-10:30am Chair Yoga (Carol) 10:30-12:00pm Mat Yoga (Carol) 10:30-11:00 One on One	11 9:00am-11:00 am YOGA (Leslie)
12	13 9:00 am-10:30am All Levels 10:30-11:00 One on One 5:30 pm-6:30 pm Joy-LSVT	14 9:00-10:30 am High Level 10:30-11:00 One on One	15 9:00am-10:30am All Levels 10:30-11:00 One on One SHARING CIRCLE 10:30-12	16 9:00am-10:30am High Level 11:00am CITY BARBEQUE DINE TO DONATE	17 9:00-9:30am Warm Up 9:30-10:30am Chair Yoga (Carol) 10:30-12:00pm Mat Yoga (Carol) 10:30-11:00 One on One	18 9:00am-11:00am Joy and Nancy-LSVT (Physical and Speech Therapy)
19	20 9:00-10:30am All Levels 10:30-11:00 One on One	21 9:00-10:30 am High Level 10:30-11:00 One on One	22 9:00am-10:30am All Levels SUPPORT GROUP	23 9:00-10:30 am High Level 10:30-11:00 One on One	24 9:00-9:30 Warm Up 9:30-10:30 am Chair Yoga (Carol)	25 9:00am-11:00 am YOGA (Jordan)

	5-6:30pm Joy-LSVT		10:45 am-12:00pm		10:30-12:00pm Mat Yoga (Carol)	
26	27 9:00-10:30am All Levels 9:30am CAREGIVERS SUPPORT GROUP 5-6:30pm JOY-LSVT	28 9:00-10:30 am High Level 10:30-11:00 One on One	29 9:00am-10:30am All Levels 10:30-11:00 One on One	30 9:00-10:30 am High Level 10:30-11:00 One on One		