

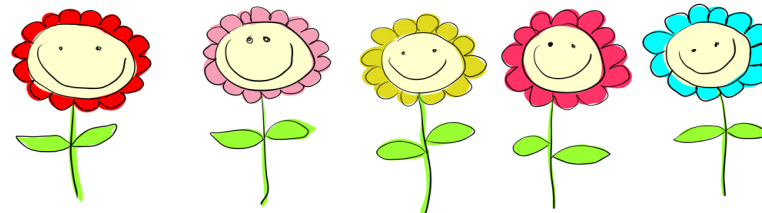


Clinic Events At New Horizon Medical

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 9 AM Barre 10 AM Barre
3	4	5	6	7	8	9 9 AM Boot Camp/Core 10 AM Yoga
10	11	12	13	14	15	16 9 AM Barre 10 AM Cardio Kickboxing /Core
17	18	19	20	21	22	23 9 AM Yoga 10 AM Barre
24	25	26	27 7 PM Google Meet "Exercise: The Best Medicine" with Bridget	28 5:30 PM Cooking with Erin "Quick Prep Snack Plates & Lunches"	29	30 9 AM Boot Camp/ Core

hello
spring!



April
SHOWERS
—Bring May—
ZUCCHINI
FLOWERS

kalecrusaders.com