



December Events at 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Managing Cues for Hunger Member's Nutrition Page	2 8AM: Band Class	3 11AM: Barre 12PM: Support Group
4 New Recipe Drop on the FaceBook Community Support Group	5	6 7AM: Abs Class with Stacey	7 9AM: Barre Class 12P: Lunchtime Stretch	8 Live Class 12:15P: Social Connection (Zoom) 1P: Lunchtime Cardio & Muscle Strategies for Portion Control Member's	9 8AM: Band Class	10 11AM: YOGA 12PM: Support Group
11 New Recipe Drop on the FaceBook Community Support Group	12	13 7AM: Abs Class with Stacey	14 9AM: Barre Class 12P: Lunchtime Stretch	15 1P: Lunchtime Cardio & Muscle Tips for Weight Loss Through The Holidays Member's Nutrition Page	16 8AM: Band Class	17 11AM: Barre 12PM: Support Group
18 Happy Hanukkah! Hanukkah Begins	19 New Recipe Drop on the FaceBook Community Support	20 7AM: Abs Class with Stacey	21 9AM: Barre Class 12P: Lunchtime Stretch	22 1P: Lunchtime Cardio & Muscle	23 8AM: Band Class	24 CLOSED
25 Merry Christmas!	26 New Recipe Drop on the FaceBook Community Support Group Happy Kwanzaa! Kwanzaa Begins	27 7AM: Abs Class with Stacey	28 9AM: Barre Class 12P: Lunchtime Stretch	29 1P: Lunchtime Cardio & Muscle Live Class 5:30P: Reflections, Building Confidence & Setting Goals For The New Year (Zoom)	30 8AM: Band Class	31 Happy New Years' Eve! 11AM: YOGA CLOSING AT 12PM

