

# February



# 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7AM Abs Class w/ Stacey	9AM Barre Class w/ Stacey	1 2 Sauces, Marinades, Dressings: How to Use Flavor for Fat Loss 1PM Lunchtime Cardio & Muscle w/Stacey	3 8AM Band Class w/ Stacey	4 11AM Barre/Yoga w/Stacey  12PM Support Group
5	6 New Recipe Drop on the FaceBook Community Support Group	7 7AM Abs Class w/ Stacey	8 9AM Barre Class w/ Stacey	9 5:30 PM Live Q&A with Your NHM Dietitians  12:15 PM Lifestyle Session: <i>Let's Talk About Home Cooking</i>  1PM Lunchtime Cardio & Muscle w/Stacey	10 8AM Band Class w/ Stacey	11 11AM Barre/Yoga w/Stacey  12PM Support Group
12	13 New Recipe Drop on the FaceBook Community Support Group	14 7AM Abs Class w/ Stacey	15 9AM Barre Class w/ Stacey	16 Cooking with Veggies  1PM Lunchtime Cardio & Muscle w/Stacey	17 8AM Band Class w/ Stacey	18 11AM Barre/Yoga w/Stacey  12PM Support Group
19	20 New Recipe Drop on the FaceBook Community Support Group	21 7AM Abs Class w/ Stacey	22 9AM Barre Class w/ Stacey	23 Nutrition Label Reading  1PM Lunchtime Cardio & Muscle w/Stacey	24 8AM Band Class w/ Stacey	25 11AM Barre/Yoga w/Stacey  12PM Support Group
26	27 New Recipe Drop on the FaceBook Community Support Group	28 7AM Abs Class w/ Stacey				

**SAVE THE DATE!**

Remember to join with our Dietitians for a live Q&A on **Feb. 9!**

