



Wellness Activity Calendar

December 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 YOGA – Educare 12:00 - 1:00 RIPPED– CLC 12:00 - 1:00 POUND– EMS 5:15 - 6:15	3 YOGA–One Gov’t Ctr 12:00 - 1:00	4 YOGA– COT Engineering 12 - 1:00 ZUMBA– EMS 5:15 - 6:15	5 BODY SCULPTING CLC - 12:00 - 1:00	6	7
8	9 YOGA – Educare 12:00 - 1:00 RIPPED– CLC 12:00 - 1:00 POUND– EMS 5:15 - 6:15	10 YOGA–One Gov’t Ctr 12:00 - 1:00	11 YOGA– COT Engineering 12 - 1:00 ZUMBA– EMS 5:15 - 6:15	12 BODY SCULPTING CLC - 12:00 - 1:00	13	14
15	16 YOGA – Educare 12:00 - 1:00 RIPPED– CLC 12:00 - 1:00 POUND– EMS 5:15 - 6:15	17 YOGA–One Gov’t Ctr 12:00 - 1:00	18 YOGA– COT Engineering 12 - 1:00 ZUMBA– EMS 5:15 - 6:15	19 BODY SCULPTING CLC - 12:00 - 1:00	20	21
22	23	24	25	26	27	28
No Class Merry Christmas						
29	30	31	One Gov’t Center– 1st Floor Conference Room BDD– Educare– 1932 Birchwood City of Toledo (COT) Engineering– 600 Jefferson Suite 300 CLC– 711 Adams St. EMS Training Facility– 2127 Jefferson			Sponsored by the Board of Lucas County Commissioners/ City of Toledo Employee Wellness Program Health Coaches 419-213-2088